

COSMOPOLITAN

SEXIEST NIGHTS EVER!

Light His Candle, Blow His Mind 🔥💣

NO-FAIL WAYS TO DROP 5 lbs

SHUT DOWN STRESS
TRICKS FOR MORNING, NOON & NIGHT

The One Line That'll Make Him Commit

EXCLUSIVE

Miranda Lambert

Buh-Bye, 2015!

"I'm Excited for the Awesome Times Ahead"

LOVE! MONEY! SUCCESS!
Bedside Astrologer
Predicts Your 2016

UP YOUR CASH FLOW
No Side Hustle Required

🕶️
Hangover Fixes
p. 54

New Year, New Booty!



JANUARY 2016

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JANUARY 2016

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WORK & MONEY

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LIVE IT UP!

Resolve to send more letters this year? Write On! (125) Plus, achieve your Gallery Girl #Goals in the comfort of your own crib (128).

CULTURE CRUSH

Start off 20-SEX-teen right: meet Mr. January (21). Get ready to LOL at Fun, Fearless...Fail! (22), then check out Hot vs. Huh?! (23) And post-holiday food binge, here's The Right Way to Do Weight-Loss Resolutions (24).

STYLE

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BEAUTY

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BODY

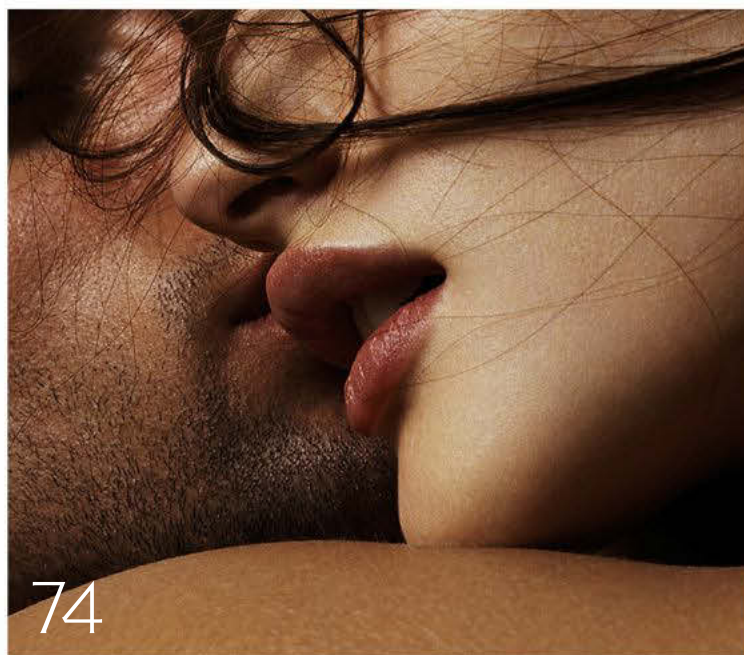
Is your yogurt really a dessert in disguise? Find out in Food Buzz (56). Then read up on your lady bits in Body News (58). Can a Type-A Girl Find Calm? (63) Get the answer and carry *ohm*. Plus, Should Everyone Just Get Stoned? Cosmo clears the air (64).

LOVE LUST

Read "I Married a Guy, but I'm Still Bi" (76). Get the lowdown on the Relationship Resolutions to Dump (and Keep) (78). Then master How to Talk About Sex Without Dying of Awkwardness (80). And get his take with Sex Q&A (74), Manthorpeology (84), and Ask Him Anything (90).

"He made a puppet that looked just like me...."

WORST DATES EVER
AND CONFESSIONS (16)



**ENTER
FOR A CHANCE
TO WIN!**

**A TRIP FOR YOU
AND 3 FRIENDS TO
UNIVERSAL
ORLANDO RESORT.
PLUS, RIDE A FLOAT
IN UNIVERSAL'S MARDI
GRAS CELEBRATION!
ENTER AT
COSMOPOLITAN.COM/
UNIVERSAL
AND SEE PAGE 155
FOR DETAILS.**

GET MIRANDA'S HOT LOOK

Dress, Bec & Bridge. Necklace, Rosa de la Cruz London. Bracelets (top two) and rings, Vita Fede; (zigzag bracelets) Giles & Brother. To get Miranda's look, try True Match Lumi Liquid Gold Illuminator in Golden, Brow Stylist Definery in Brunette, Voluminous Superstar Mascara in Blackest Black, Infallible Pro-Matte Lipgloss in Nude Statement, and Colour Riche Nail in After Hours, all by L'Oréal Paris. Hair: Chris McMillan for Living Proof at Solo Artists. Makeup: Christian McCulloch for Dolce & Gabbana Beauty. Manicure: Nikki Spalaris. Production: First Shot Productions. Fashion editor: James Worthington DeMoleet. Photographed by Tesh.

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3. GET INSURED!
Open enrollment for the Affordable Care Act ends Jan. 31. Visit GetCoveredAmerica.org for more info.

2. GIVE LIP SERVICE
with the all-natural quenchers in Burt's Bees' new lipsticks (\$9, burtsbees.com).

4. HIT PAUSE on 25 to catch the live show: NBC's *Adele: Live in New York City* airs Dec. 14.



5. GET SPOOKED as Mulder and Scully get back into the supernatural game for Fox's rebooted miniseries *The X-Files* (Jan. 24).



6. FESS UP
Your fave drinking game gets a swanky makeover with the Never Have I Ever card set (\$25, amazon.com).

1. DRINK OUT LOUD with a glass set that lets you say it with shots (\$27, sistersoflosangeles.com).



27 THINGS TO DO THIS MONTH

9. CACKLE as Ricky Gervais roasts the celebs at the 73rd Annual Golden Globes (Jan. 10, NBC).



7. BREAK OUT THE CRUMPETS
Downton Abbey's final season bows stateside on Jan. 3 (PBS).



SHOW YOUR COLORS with shades from Max Mara and painter Maya Hayuk (\$320, Max Mara, Madison Avenue).



"I WILL LIGHT UP EVERY ROOM
I WALK INTO."



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OLAY REGENERIST LUMINOUS MOISTURIZER,
WITH SKIN BRIGHTENING COMPLEX,
ILLUMINATES SURFACE CELLS AND EVENS SKIN TONE.
SEE BRIGHT, PEARLESCENT, HEALTHY-LOOKING SKIN
IN JUST 2 WEEKS.





ENTER for a chance to win a trip to see Zumanity by Cirque du Soleil in Vegas (cosmopolitan.com/cirquedusoleil2016; see p. 155 for details).



18. LOOK HOT even in a blizzard, with Sorel's new outerwear line (\$675, sorel.com).

- ▶ **12. TUNE IN** Sutton Foster and Hilary Duff kick off *Younger*'s sophomore season (Jan. 12, TVLand).
- ▶ **13. RUN FOR IT** An alien invasion is no match for Chloë Grace Moretz in *The 5th Wave* (Jan. 15).
- ▶ **14. GET YOUR PULSE UP** Luke Bracey and Edgar Ramirez are extreme(-ly hot) adrenaline junkies in *Point Break* (Dec. 25).
- ▶ **15. STRIKE GOLD** with the A-list cast (Christian Bale, Ryan Gosling) of financial crash dramedy *The Big Short* (Dec. 23).
- ▶ **16. GO JOYRIDING** with *Ride Along 2*'s Miami-bound Kevin Hart and Ice Cube (Jan. 15).
- ▶ **17. CHOOSE YOUR DADDY** It's stepdad Will Ferrell vs. cool dad Mark Wahlberg in *Daddy's Home* (Dec. 25).



GO FOR GOULD. Ellie Goulding's new MAC line gives you 24-hour glam (Powder Blush Duo, \$28, maccosmetics.com).



Rachel Platten

With rousing hits "Fight Song" and "Stand by You," this powerhouse has not only arrived but also redefined the pop anthem. After a bona fide breakout 2015, her next album, *Wildfire*, is likely to spread like wildfire.

ON THE STORY BEHIND "FIGHT SONG": "It took me a while to understand that [music] was what I wanted to do with my life. I didn't grow up with musical influences in my family. It didn't seem possible. But when I was 19, this dream would not shut up, so I started chasing it. I'm 34 now—it took me 15 years. But I'm a fighter, and I don't take no for an answer. 'Fight Song' was the culmination of all that—the hurt of being rejected and told I wasn't good enough, the indomitable spirit of 'I'm not going to give up on my dream.'"

PERSONAL ANTHEM: "Either [Madonna's] 'Like a Prayer' or 'Call Your Girlfriend,' by Robyn."
ON GETTING T-SWIFT'S SUPPORT: "I played a tailgate show in the parking lot outside her Pittsburgh tour stop, and I got to meet her afterward. She texted me a few days later like, 'Yeah, girl, kill that iTunes chart!' I was like, 'Haha, thanks.' No idea who it was. The next day she writes, 'P.S., this is Taylor.' I'm like, 'Yes, that would change my response. Hello, Taylor!' She asked me to come on her tour that Saturday."

ON WHAT SHE'D CHANGE ABOUT THE MUSIC BIZ: "The way it pits female artists against each other. It's sad how a lot of people think that needs to happen. I don't think it's real, and I don't think it's cool. I know a lot of these artists now, and these fights are made up a lot of the time. We support each other and root for each other."
HER GUILTY PLEASURE: "Are You the One? on MTV. It's a show for 14-year-olds that I'm obsessed with. Any MTV show marketed to teenagers, I'm into."

—SERGIO KLETNOY

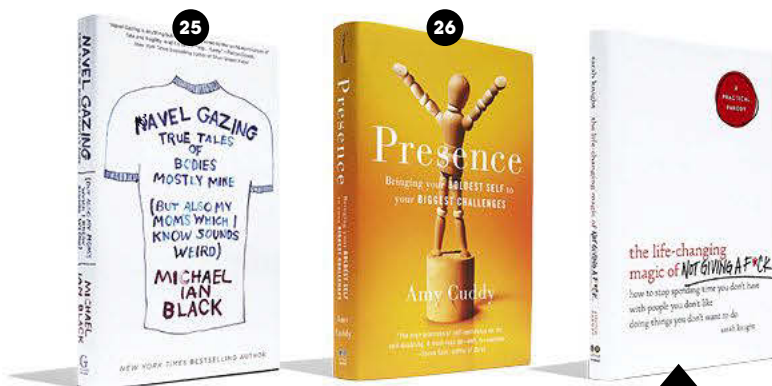
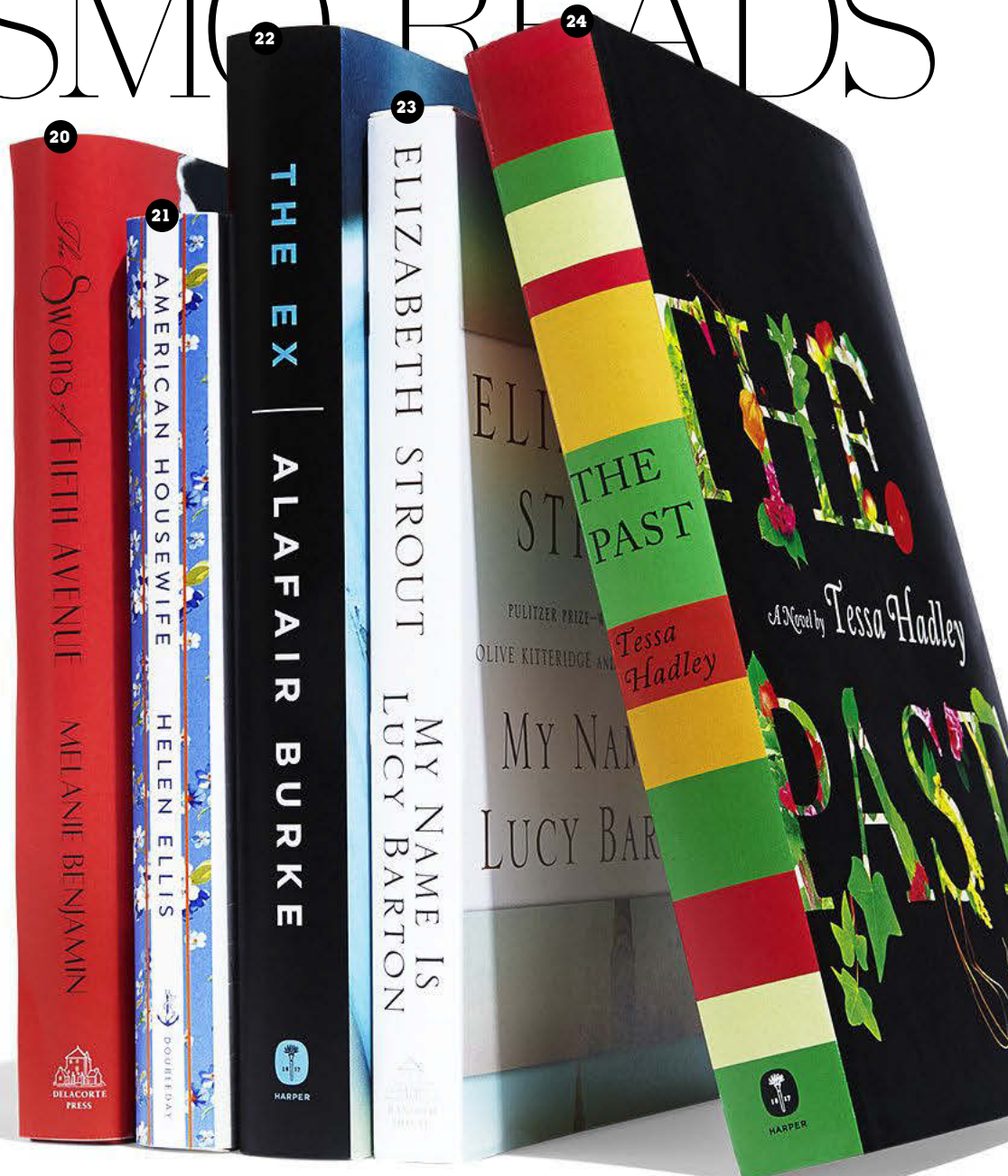
COSMO READS

New Fiction

- ▶ **20. *The Swans of Fifth Avenue***, by Melanie Benjamin
One iconic NYC socialite (Babe Paley) plus one era-defining author (Truman Capote) equals a scandal for the ages.
- ▶ **21. *American Housewife***, by Helen Ellis
If anyone can make the Real Housewives look dull, it's the women in this collection of darkly hilarious stories.
- ▶ **22. *The Ex***, by Alafair Burke
If your ex-BF was a murder suspect, would you help him?
- ▶ **23. *My Name Is Lucy Barton***, by Elizabeth Strout
Loved *Olive Kitteridge* (the Pulitzer Prize-winning novel or the Emmy-winning HBO mini-series)? Meet Lucy Barton.
- ▶ **24. *The Past***, by Tessa Hadley
A totally dysfunctional family, three hot summer weeks, and one country house. What could go wrong?

Non-Fic Picks

- ▶ **25. *Navel Gazing***, by Michael Ian Black
The bitingly witty actor from *Wet Hot American Summer* and *Another Period* invites us to get all up in his business.
- ▶ **26. *Presence***, by Amy Cuddy
The Harvard prof and guru of the power pose breaks down the science behind her signature move and other tricks for conquering any stress—fast.



27

CARE LESS, GET MORE. Sarah Knight explains the genius formula in *The Life-Changing Magic of Not Giving a F*ck*.

Cosmotivation

JOANNA COLES
AND KEYNOTE SPEAKER
CHELSEA HANDLER
CHATTED ABOUT TAKING
BREAKS AND CELEBRATING
(WITH VODKA).



@ArielleTillett
Thank you
@VeronicaMarche
for this beautiful
sketch of me today!
I love it so much!
#ActuallySheCan
#FunFearlessLife
@Cosmopolitan



@SymaSpeaks #GirlBoss-filled Saturday
at the @Cosmopolitan #FunFearlessLife
Conference! #NYC #Inspired

EVERY WOMAN NEEDS AN OCCASIONAL LIFE
recharge, even if her
smartphone battery's
at 100%. That's why
Cosmo's second annual
Fun Fearless Life event,
presented by Maybelline
New York and in
partnership with
#ActuallySheCan, was
all about how to be your
best self, from your
career to your personal
style to your love life.
Couldn't make it to
Cosmo HQ at the Hearst
Tower in NYC? Have
#NoFOMO. Power up
with this advice from
our badass lineup of
speakers, and follow us
on social to learn about
more Cosmo events.



GABRIEL
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FOR MAYBELLINE
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NEW YORK

"Be the hero
of your style,
the hero
of your story."

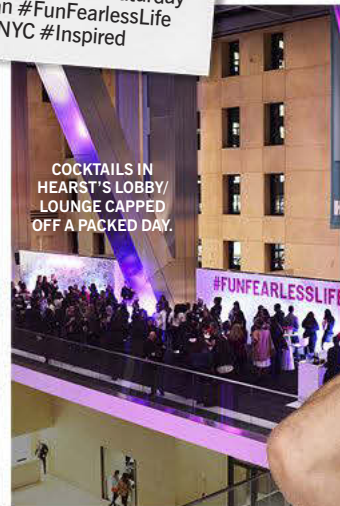
—Anne Marie
Nelson-Bogle
VP OF MARKETING,
MAYBELLINE
NEW YORK



@CassidyLG
I feel like I spent
the day inside
an issue of
@Cosmopolitan
and I couldn't
be happier.
#FunFearlessLife

@SFryzol
#FunFearlessLife
is like making
friends while drunk
in the bathroom but
better because
you're sober.
@FunFearlessLife
@Cosmopolitan

@SierraBarter
'Cause I still got a
lot of fight in me.
@RachelPlatten
is even more
wonderful in
person.
Thank you,
#FunFearlessLife



PHOTOGRAPHED BY ALLIE KIRCHER,
NAOMI NISHI, AND SARAH ECKINGER



—Laverne Cox
—Dina Lohan
—Joanna Coles
—Stacy London
—Dinah Jane Hansen



"All of us can do our part and stand up for human rights."

—Opal Tometi
COFOUNDER, BLACK LIVES MATTER

POWER UP YOUR CAREER

"Do something that you're passionate about and you'll have an awesome career."

—ELIZABETH GORE,
DELL ENTREPRENEUR-IN-RESIDENCE

"Stress happens when something you care about is at stake. It's not a sign to run away—it's a sign to step forward."

—KELLY MCGONIGAL,
AUTHOR, *THE UPSIDE OF STRESS*

"If you want something, you're going to get tons of 'No's. Find allies who can help you."

—MARIA TERESA KUMAR, PRESIDENT AND CEO, VOTO LATINO

"If you don't know which career is for you, think about your passions and the problems you want to solve."

—ANNIE CLARK

"See yourself as a change maker."

—ANDREA PINO,
COFOUNDERS, END RAPE ON CAMPUS

"If you take a step and it turns out to be the wrong one, just take a right. There's no such thing as doing something wrong when it comes to creating your life."

—STACY LONDON, HOST, *LOVE, LUST, OR RUN*



"Rather than e-mail, a more effective negotiation tool is to see how someone reacts in real time."

—Ivanka Trump
EVP, THE TRUMP ORGANIZATION



ATTENDEES BROUGHT HIGH ENERGY AND SPEEDY NOTE-TAKING SKILLS.

"I had years of not working as an actress, but I was in class, going to auditions, or trying to meet casting directors. I always did something for my artistry."

—Laverne Cox
ACTRESS, *ORANGE IS THE NEW BLACK*



COSMO'S SOCIAL DJ ELISA BENSON REWARDED THE TOP TWEETERS WITH MAYBELLINE NEW YORK GIFT BAGS.

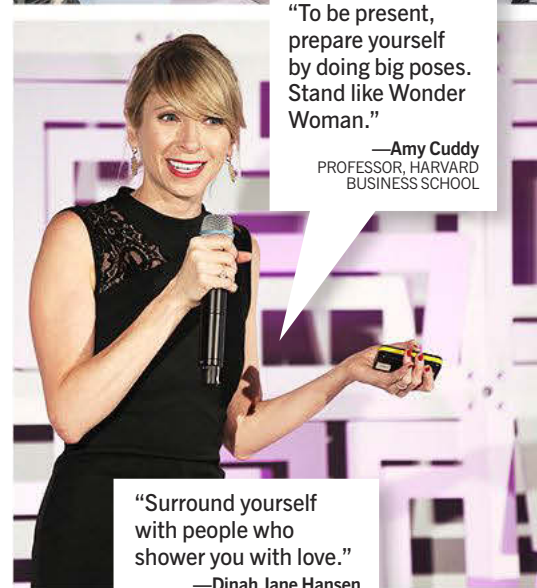
"To be present, prepare yourself by doing big poses. Stand like Wonder Woman."

—Amy Cuddy
PROFESSOR, HARVARD BUSINESS SCHOOL



@LuluRocks1196

@MatthewHussey needs to stop running his hand through his hair. It is super distracting hot and I'm trying to focus.
@Cosmopolitan



"Surround yourself with people who shower you with love."

—Dinah Jane Hansen
FIFTH HARMONY



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Cocktail of the Month

63 East Adams

Named for the address
of an 1860s bourbon-sipping
saloon, this sweet drink
by Julia Momose, head
bartender at Chicago's
GreenRiver, mixes black-
berries with the good stuff.

Mix **3 fresh blackberries**
(or defrost frozen ones), **$\frac{3}{4}$ oz.**

Cynar Amaro, $\frac{3}{4}$ oz. lemon
juice, $\frac{3}{4}$ oz. honey syrup, and
2 oz. Old Forester Signature
Bourbon in a shaker. Shake
vigorously, and strain over ice.

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FROM THE EDITOR

THE POWER OF YES

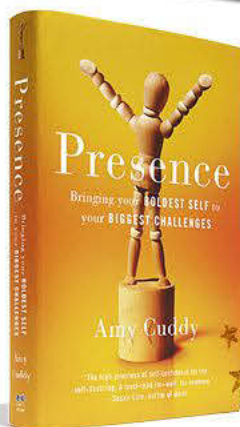
WE ALL FACE dozens of decisions that bubble up every day, from *Do I really want to go to this party?* to *Should I offer to volunteer for this event?* to *Should I have the apple or the croissant?* (The answer to the last one: Obvi, both!) After years of stressing over my choices, I now find the most useful guide to making the right call is to simply default to *yes*.

That may sound a little crazy at first. We can't all do everything without running ourselves ragged. But if a decision is haunting you, if you're right on the fence about it, I say go for it. Here's why. When I look back at all the good choices that led me to where I (happily) am today, they seem sort of obvious. Of course, I should have taken that job, moved countries, agreed to speak at that event, or set up a meeting that made me feel sick with anxiety beforehand but turned out so well. Yet at the time, I wrestled with my choice. It is often easier to say no and risk nothing. Shonda Rhimes highlights this point brilliantly in her book, *Year of Yes* (read it if you need further "yes" inspo).

By defaulting to *yes*, you won't be wondering a few years from now, *Should I have done that? Should I have stepped out of my comfort zone?* Look, it's not easy. We all know change is truly hard. Yet in January, you can have that fresh-start moment. (Okay, that sounds a little like a douching commercial, but you know what I'm saying.) This month is your moment to start saying yes, to take chances, to ask yourself, *How big is my brave?* It is your chance to start looking back without regret, without what-ifs. Let this be your New Year's gift to yourself. Cheers!


Joanna Coles
 Editor-in-Chief

...ing with
 ...! Senators
 ...r right) and
 ... who was
 ... was "too
 ... chubby
 ... brassy
 ... he ran
 ... 40 y
 ... some food
 ... ting his



BOOK IT!
 I'm loving the latest from Amy Cuddy (also recommended on our books page), the Harvard Business professor who taught us all to power pose—now learn how tiny tweaks get you big rewards.

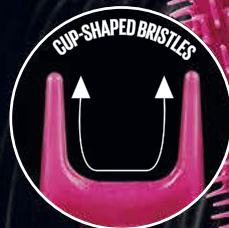
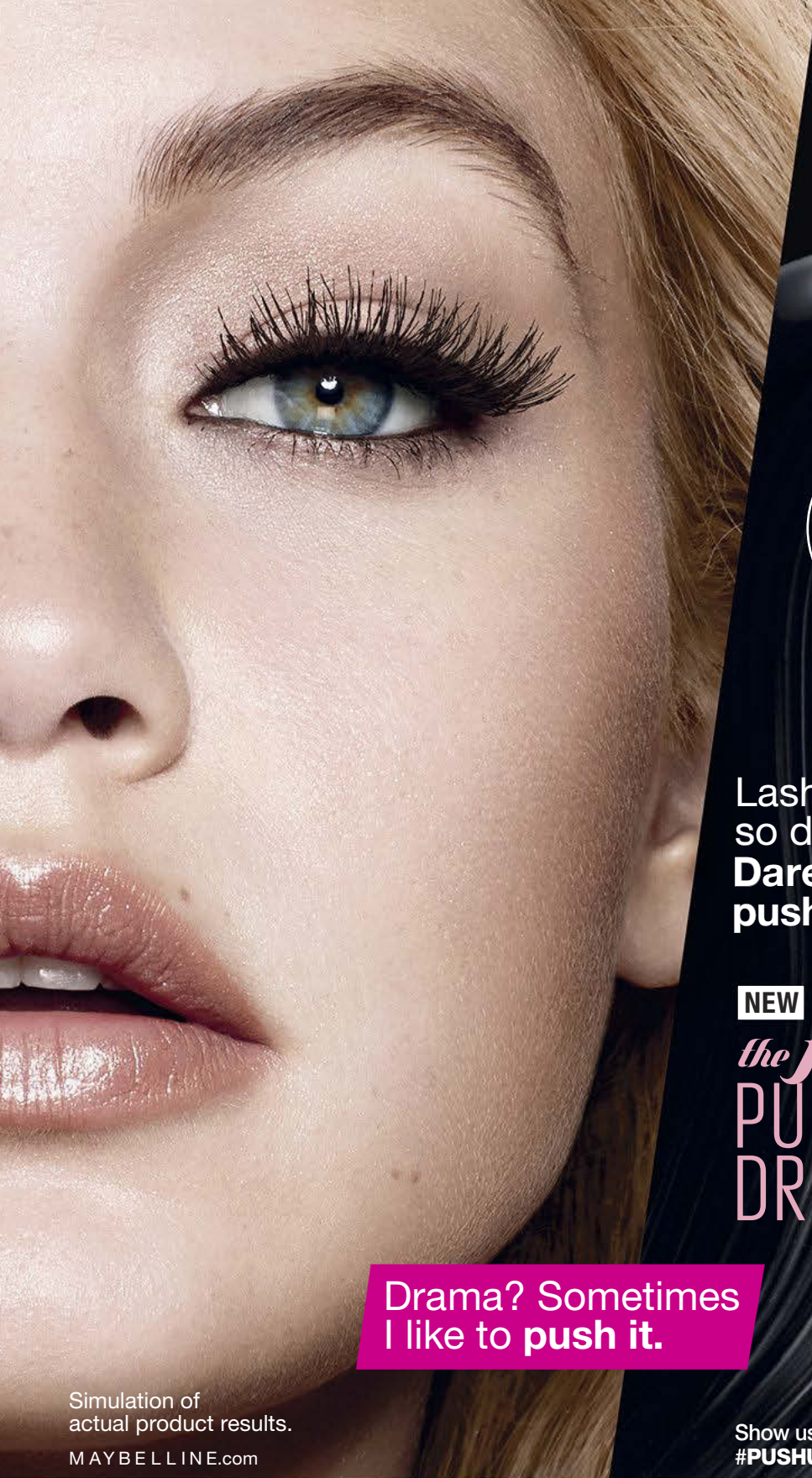


FROM TOP: BEATRICE MORITZ; DEVON JARVIS/STUDIO D. ILLUSTRATION: NAJA CONRAD-HANSEN.



Snapchat Beyond the Selfies

We have a new stream of stories and photos for you each morning! Just open the app, hover over this symbol (left), then press and hold to skip right to Cosmo's Discover channel.



Lashes so lifted,
so dramatic.
**Dare to get the
push-up effect.**

NEW

the falsies[®]
**PUSH UP
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**Drama? Sometimes
I like to push it.**

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Show us your
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Gigi is wearing New The Falsies[®] Push Up Drama[™] Mascara in Very Black.
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MAKE **IT** HAPPEN[™] NEW YORK

IN HER OWN WORDS

Miranda Leigh Lambert

Nickname:

van, MZ, B, Lambert
ronda Lou

What's on my bedside table:

Chapstick and a pink
pisto). Don't sneak up
on me!!



**One animal I
haven't had as a
pet but would
love to is a:**

baby
elephant



**I'm embarrassed
to admit I've:**

never
been to
Disney
World.
Damn it!



DRESS, Guess. BRACELET, Kenneth
Jay Lane. RINGS, David Yurman

**Where I keep
my Grammys:**

on a
shelf
in my
music
room



First celebrity crush:

Jonathan Taylor
Thomas



**I never go
on tour
without...**

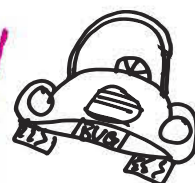
vodka
in my
suitcase.



**My happy
place:**

my
porch

I'm so excited
to be on the cover
of cosmo for
the first time!
Thank, y'all



PHOTOGRAPHED BY TESH. FASHION EDITOR: JAMES WORTHINGTON DEMOLET. HAIR: CHRIS MCMILLAN FOR LIVING PROOF AT SOLO ARTISTS. MAKEUP: CHRISTIAN MCCULLOUGH FOR DOLCE & GABBANA BEAUTY. MANICURE: NIKKI SPALARIS. PRODUCTION: FIRST SHOT PRODUCTIONS. STILLS, CLOCKWISE FROM TOP RIGHT: ISTOCK; GETTY IMAGES; ISTOCK (2); SEE PAGE 134 FOR SHOPPING INFORMATION.

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- Hyaluronic Acid
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#sleepwiththis



garnierusa.com

CONFESSION—

EDITED BY
MARINA KHIDEKELT

**YOU REVEAL
YOUR MOST
EMBARRASSING,
RIDICULOUS,
WHAT-WAS-I-
THINKING
MOMENTS.**

1

“I clean for fun—I’m obsessed with it. My roommate’s a slob, so I follow her around and vacuum up after her. It’s really satisfying.”

—JESSICA W., 21, STUDENT,
NEWPORT BEACH, CA

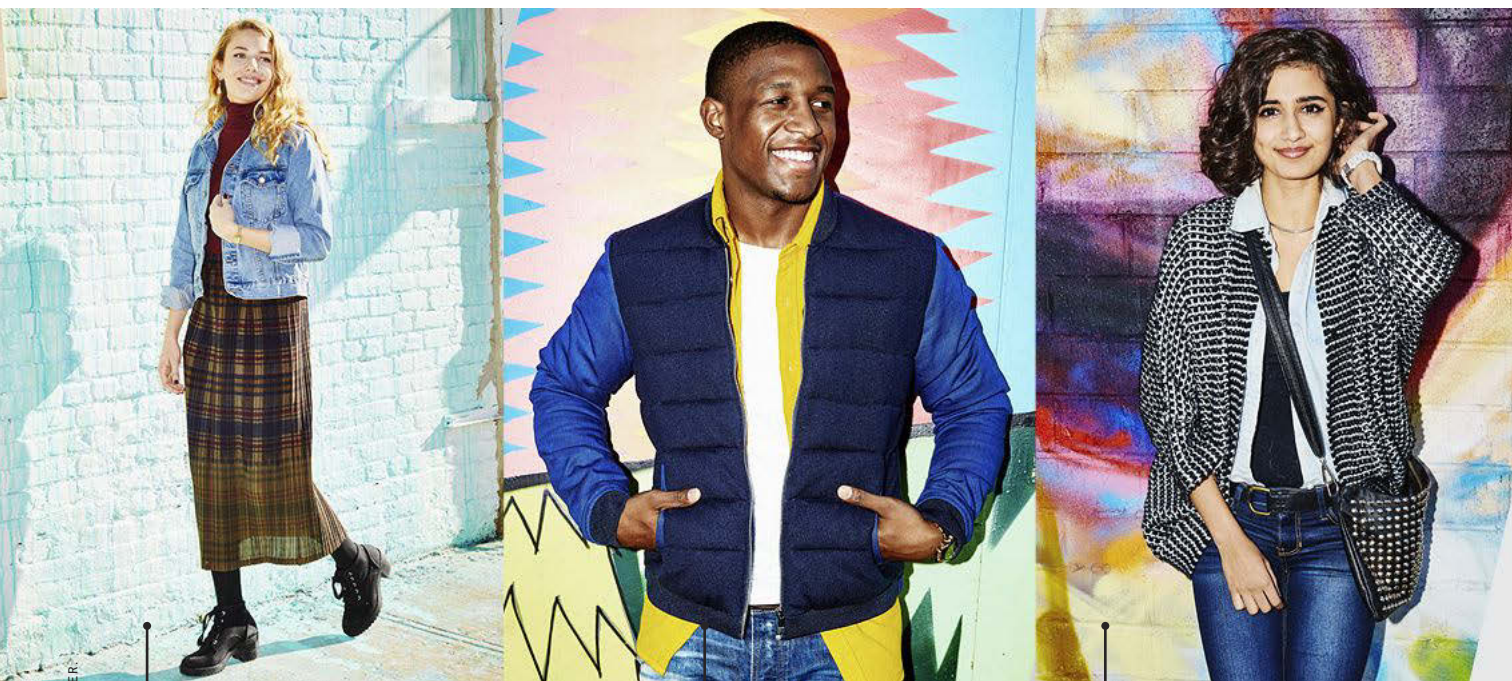
—SEND YOUR BEST
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SHARE...E-MAIL THE
DIRTY DETAILS TO
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COSMOPOLITAN.COM,
OR TWITTER YOUR TALES
TO @COSMOPOLITAN

PHOTOGRAPHED BY AARON RICHTER, REPORTED BY EMILY C. JOHNSON •
LOCATIONS COURTESY THE BUSHWICK COLLECTIVE

GUY CONFESSION

2 **"I WAS HAVING SEX IN THE SHOWER WHEN AN RA CAME IN. WE FROZE IN SILENCE UNTIL SHE LEFT."**

—JOSEPH K., 22



3

—MADELINE L., 21, ARTIST, BROOKLYN, NY

4

"I TELL PEOPLE I HAVE ROOMMATES. WHAT I DON'T TELL THEM IS THAT I'M TALKING ABOUT MY TWO CATS."

—KATIE G., 19

5

GUY CONFESSION

"I WROTE COLLEGE ESSAYS FOR OTHER STUDENTS WHEN I WAS IN HIGH SCHOOL. \$20 A POP!"

—JEFF B., 24, SPORTS CAMP COACH, BROOKLYN, NY

6

"I WAS RUNNING LATE TO CLASS AND RACED ONTO THE SUBWAY. WHEN I SAT DOWN AND PUT MY BACKPACK IN MY LAP, I REALIZED A PAIR OF MY UNDERWEAR WAS STUCK TO THE FRONT OF MY BAG. I TRIED TO DISCREETLY TAKE IT OFF AND STICK IT IN MY BACK POCKET, BUT EVERYONE SAW."

—ANUSHKA Q., 19, STUDENT, LAHORE, PAKISTAN

GUY CONFESSION

- 7** “I AM SO ATTRACTED TO FEMALE BOXERS. WHEN MY GIRLFRIEND PUTS ON THE EVERLAST ROBE, SHORTS, AND BOXING GLOVES I BOUGHT FOR HER, IT’S BETTER THAN ANY SEXY LINGERIE.” —CHRIS L., 39



8

“I play video games whenever she’s out of the house so she doesn’t know I’m playing them.”

—CHRIS S., 30, INVESTMENT BANKER, CHARLOTTE, NC

“I knew that PS4 wasn’t just for DVDs!”

—LINDSAY P., 27, TV STRATEGIST, NEW YORK, NY

9

—MISHA J., 20, STUDENT, KARACHI, PAKISTAN

10 CELEB CONFESSION



“On one job, I started projectile vomiting—in front of 200 people on-set. The hair and makeup people had to clean my throw-up! I’d contracted a stomach bug. I saw the same hairstylist on another job, and she just was like, ‘I know who you are.’ Ugh!”

—LYNDON SMITH, *PUBLIC MORALS*, TNT

- 11** “I was heading up a really important film shoot. I drove all the way there with my crew...and realized we’d forgotten to bring the cameras. I died.”

—ANNIE A., 21

- 12** “I went home with a guy I’d had a crush on for a while. He gave me his T-shirt and shorts to sleep in. At 5:30 in the morning, I woke up in his bed mid-pee. I ran out of his room, threw his now-wet clothes in the hamper, changed back into my outfit from the night before, and frantically texted my friends until one of them showed up as a getaway car. I can’t believe I was a bed-wetter!”

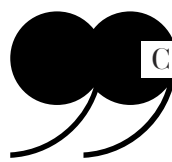
—ALEX W., 21

- 13** “I heard that this guy I liked was going to be at a bar one night, so I got my friend to go with me and pretend we just happened to be in the area and were stopping in for a drink—playing it totally cool. Then as we walked into the bar, I slipped right in the entrance and fell headfirst. Everyone in the bar turned to look. Totally subtle.” —EMILY F., 28

- 14** “I asked my BF’s dad to take a picture of us. He quickly gave my phone back—my birth-control alarm was going off. At least he knows we’re safe!”

—DANIELLE K., 21





Worst Dates Ever

"On our first date, we talked hobbies, and he told me he was into puppetry. When we went out again, he had a surprise—he brought a puppet that looked just like me. He even gave it a name similar to mine and made it talk with my mannerisms! It felt creepy and obsessive. He's a better match with the puppet than with me."

TATIANA S., 24

"In the middle of the movie we were watching, he leaned over and started nibbling my neck. Then he whispered in my ear that he was actually a 2,000-year-old vampire in a human body. I looked at him, expecting it to be a joke, but he was full-on serious."

MONICA W., 25

"This guy took me out to a restaurant and didn't tell me his mom worked there as a waitress. She waited on us, then sat down and ate with us and then paid. That was our last date."

LAURA L., 28

"We started talking about girls he'd dated in the past, and he says, 'I'm clearly a chubby chaser.' And winked at me! Rude."

ZULMAC., 19

"Over dinner, he asked me how old I was, then followed up by asking if I would ever consider freezing my eggs. What are you, my doctor? I got out of there."

SKYES., 34

"He took me into his room—which had bunk beds—and then he put on *High School Musical 2*. Not sexy, dude."

VICKIE B., 18

"He canceled on me last minute, claiming a family emergency. Then he texted me that the date was back on and asked me to come pick him up. He was drunk and had me drive him and his friends to IHOP like I was Uber. Never again."

AMBER M., 25

DOUCHE-O-METER





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**Real ingredients.
Perfect sweetness.**

A taste of sweet excitement.™



zingstevia.com

MR. JANUARY

CHRIS HEMSWORTH

For your cubicle, sweet cubicle: the *In the Heart of the Sea* star in all his awesome Aussie glory. Happy New Year, indeed.

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.

↓ DON'T (SEX) TOY WITH ME ↓



----- Chakrubs: Crystal dildos for the spiritually enlightened take you from "om" to "ohhh-m."



----- UT-Austin students plan to protest campus gun laws by open-carrying dildos. Stick it to 'em!

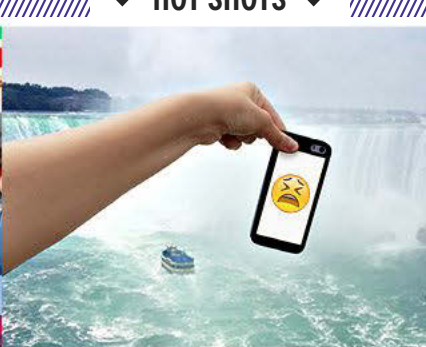


----- A Dutch dildo holds 21 grams of a dead lover's ashes. Why mourn when you can, uh, moan?

↓ HOT SHOTS ↓



FUN Oregon teen Stefano Peiris takes his senior photos at 7-Eleven. Where's his Slurpee scholarship?



----- Extreme phone pinching: a trend where you Insta your phone dangling inches from death.



----- Frozen Chook: The New Zealand craze where naked peeps pose as raw chickens. What the cluck?

↓ iEYE, CARAMBA! ↓



----- The World's Biggest Eye Contact Experiment: 115,000 strangers stare at each other, not at iPhones.



----- "Trap Queen" rapper Fetty Wap opts against a prosthetic eye; inspires a young fan to follow.



----- Woman glues her own eye shut after her friend confuses eye drops with nail glue. Eye-pic fail!

DON'T (SEX) TOY WITH ME, FROM LEFT: RACHEL ROZE/CHAKRUBS (7); GETTY IMAGES (3); NKBIMAGES/ISTOCK.COM; MASSIMO BREGA/THE LIGHTHOUSE/VISUALS UNLIMITED/CORBIS. HOT SHOTS, FROM LEFT: 60 MINUTE PHOTO/COURTESY STEFANO PEIRIS (2); GABRIELLA MUSCATELLO; COURTESY FROZENCHOOK.COM; GETTY IMAGES; iEYE, CARAMBA!, FROM LEFT: GETTY IMAGES; COURTNEY BRENDIA VADEN; ZACHARY MAZUR/WIREIMAGE; MIKHAIL OLYKAYEN/ALAMY; LUDSAM/STOCK48/CORBIS. OPPOSITE PAGE: GETTY IMAGES (8)

FO!

HOT OUT OF THE OVEN



CHRISSY TEIGEN



PRINCE HARRY

GINGERBEARD BABE



TWEED RUN COMPETITOR

WHAT A BEARD-O



JOAN SMALLS

A PURR-FECT 10



COMIC CON KITTY

CAT-ASTROPHIC



PRIDE PARADE-GOER

VS.



WESTMINSTER DOG SHOW CHAMPION

VICTORIOUS D.O.G.



GROOMING SHOW CONTESTANT (YES, IT'S A REAL DOG!)

DOG AND PONY NO

FO!



PARTY'S OVER.
YOU DON'T
HAVE TO GO
HOME, BUT
YOU CAN'T
STAY HERE.

THE RIGHT WAY TO DO

Weight-Loss Resolutions

WE ALL DO IT—VOW TO DROP POUNDS AS SOON AS THE BALL DROPS.

BUT THE BEST RESOLUTIONS HAVE MORE TO DO WITH THE WAY WE FEEL THAN WITH WHAT WE WEIGH. **SARAH Z. WEXLER** EXPLAINS.

EVERY HOLIDAY season, I gorge myself on corn bread, cookies, and champagne cocktails from Thanksgiving to Christmas, then swear on New Year's Eve that I'll drop the five pounds I've gained and another five for good measure. Come January 1, it's all salads and intense workouts at the gym. But



INSTEAD OF
ON FOOD
ON YOUR
AND HAPPY

our bodies naturally want to keep weight on to protect us. “On top of that, we set outrageous, unrealistic goals that make us feel we’re not worthy until we achieve them. And if we have slipups, we feel worse about ourselves than before we made the resolution.”

While that sounds like an argument to scrap all resolutions, it isn’t. Articulating a goal ups your chances of achieving it. Six months after New Year’s, 46 percent of those who simply made a resolution felt successful, whereas only 4 percent of non-resolvers did, according to a study in the *Journal of Clinical Psychology*. The trick is resolving to be a better version of yourself that isn’t determined by your pants size.

“Make it less quantitative about the pounds and more qualitative about how you want to feel in your body—like having more strength, more energy, and more confidence,” advises Jamieson. In other words, get off the scale and into a happy headspace.

How? Instead of making resolutions that are about less (eat less, weigh less, spend less), focus on the more, as in read more,

sleep more, find more time for friends. Identify the things in your life that you’ve actually been short-shrifting but that make you feel happy and, well, full. “Many of us eat when we’re lonely, bored, or frustrated, so if you can get more satisfaction from your life, you seek it less from food,” says Lauren Slayton, RD, founder of Foodtrainers in New York City. Maybe that means you finally cross-stitch that “What would Beyoncé do?” pillow or actually take that beginners’ Italian class.

Personally, I vow to add more FaceTiming with my BFF who lives 3,000 miles away, cooking dinner with my boyfriend, seeing stand-up comedy, and more QT with my mom—like destination spa-weekend kind of quality time. “Instead of focusing on food, try focusing on your wellness and happiness,” says Slayton. Through a small change like cleaning out your closet clutter, having a trip to look forward to, or bonding with friends, you’ll feel better about yourself, and then you drop weight because you’re not constantly looking to food as the main way to feel better.” In other words, by doing stuff we love, we’re more likely to stay away from the snack machine—a resolution worth keeping way past February. ■

then one late night at work keeps me from hitting the good Spinning class, or it’s a friend’s birthday and what’s a birthday without chocolate-espresso cake? In a matter of days, I’m completely off the resolution train. By February, I feel terrible that I’m still carrying Christmas-cookie

weight. And now, not only can I not button my jeans, I also feel like a huge failure. To console myself, I watch *Extreme Weight Loss* and eat cookie dough with a spoon.

Losing weight is the most common New Year’s resolution, according to a University of Scranton survey. Yet that same

survey reveals only 8 percent of people achieve that goal every year. “So many women fall into the trap of severe calorie deprivation in the winter,” says Alexandra Jamieson, author of *Women, Food, and Desire*. But she says it’s actually counterintuitive to drop pounds in the colder months when



The New York Times
"EXQUISITELY DIRECTED
BY TODD HAYNES."

Manohla Dargis

THE WALL STREET JOURNAL
"CATE BLANCHETT
AND ROONEY MARA
ARE SUPERB."

Joe Morgenstern

CATE BLANCHETT
ROONEY MARA

CAROL



VANITY FAIR
"A GORGEOUS MOVIE.
THOUGHTFUL AND
BEAUTIFULLY BUILT BY
TODD HAYNES.
CATE BLANCHETT
AND ROONEY MARA
ARE FABULOUS."

Richard Lawson

DIRECTED BY TODD HAYNES

SCREENPLAY BY PHYLLIS NAGY

FROM A NOVEL BY THE AUTHOR OF THE TALENTED MR. RIPLEY



NOW PLAYING



STYLE

EDITED BY
KATIE L. CONNOR
& SARAH CONLEY

1

White-Out

Start 2016 off with a clean slate. All-white everything brightens up the dreariest of winter days. Just keep the bleach pen handy.

CROP TOP, *Boohoo.com*, \$30, *boohoo.com*.

TURTLENECK, *H&M*, \$49.99, *hm.com*.

JEANS, *Gap*, \$69.95, *gap.com*.

BEANIE, *Banana Republic*, \$39.50, *bananarepublic.com*.

NECKLACE, *Pandora Jewelry*, \$85, *estore-us.pandora.net*

New Year, New Look

YOU DON'T HAVE TO BREAK THE BANK TO LOOK #FLAWLESS. TRY A NEW TREND THIS SEASON FOR **under \$100.**

HAIR: ANDRE GUNN AT HONEY ARTISTS. MAKEUP: ERIC POLITO USING CHANEL LE VOLUME AT ART DEPARTMENT. MANICURE: JULIE KANDELEC FOR DIOR VERNIS. MODEL: SKYE STRACKE/RED NYC.

PHOTOGRAPHED BY TOM SCHIRMACHER
FASHION DIRECTOR: AYA KANAI

STYLE

2

Print Mixing

Ready to breathe some life into your wardrobe? Layer contrasting patterns like a street-style pro by keeping it all in the same color family.



SHOES, *GX*
by Gwen Stefani,
\$89.95,
[amazon.com](https://www.amazon.com)



SHIRT, *I.N.C.*
International
Concepts,
\$69.50,
[macys.com](https://www.macys.com)



PANTS,
Worthington, \$40,
[jcpennney.com](https://www.jcpennney.com)



PURSE,
Galian, \$66,
[galian.com](https://www.galian.com)



SWEATER,
H&M,
\$34.99,
[hm.com](https://www.hm.com)



SUNGLASSES,
Le Specs,
\$89, [lespecs.com](https://www.lespecs.com)



JESSICA ALBA



TRENCH, *BB Dakota*, \$95, lulus.com

EARRINGS, *Sam Edelman*, \$35, sam-edelman.com

3 All Blush

See your next ladylike look through rose-colored glasses. Far from fussy, structured pieces in monochromatic pink look pretty chic.

PANTS, *Zara*, \$39.90, zara.com



BRALET, *Missguided*, \$20.40, missguided.us.com

CLUTCH, *ASOS*, \$33, asos.com



CROP TOP, *Shop Priceless*, \$15.97, shoppriceless.com

SHOES, *Lulu's*, \$30, lulus.com

MINDY KALING



DRESS,
Boohoo.com,
\$35, boohoo.com



EARRINGS,
Pandora
Jewelry, \$50,
pandora.net/en-us



SKIRT,
American
Apparel,
\$62, americanapparel.com



DRESS, Pixie
Market,
\$69, pixie
market.com

4 Mod Minis

Give your style some '60s sensibility with a prim collar, pointed-toe flats, and a top-handle bag. A cheeky high hemline brings it all back to the future.



DRESS, Moon
Collection,
\$59.99,
modcloth.com

BAG, Dune
London,
\$89,
dunelondon.com

SHOES,
Forever 21,
\$19.90,
forever21.com



5

Sporty chic

Cozy winter staples paired with bold sportswear accents look off-duty chic, whether you're court-side or couch-bound.



KENDALL JENNER



COAT,
Missguided,
\$76.50,
missguided
us.com



TURTLE-
NECK, Gap,
\$59.95,
gap.com



LEGGINGS,
Koral
Activewear,
\$116, koral
.com (use
coupon code
COSMO15
for 15% off)



SUNGLASSES,
AMIClubwear,
\$14.99,
amiclub
wear.com



BEANIE,
Banana
Republic,
\$39.50,
banana
republic.com

SNEAKERS,
New Balance
574 Glacial,
\$80, new
balance.com



WATCH, Casio
Baby-G,
\$79, Macy's



*look
hot
tonight*

THE MORNING AFTER

WAKE UP FROM A BIG NIGHT OUT OR SEXY SLEEPOVER FEELING LIKE A HOT MESS? PUT DOWN THE RATTY T-SHIRT, AND TRY THESE PARTY TRICKS FOR A SHAME-FREE WALK (OR UBER) HOME.



Track Queen

Ditch last night's mini for track pants. Keep the bling to distract from your hangover face.

BRA TOP, Heroine Sport, \$95, heroinesport.com.
PANTS, Pam & Gela, \$195, pamandgela.com. **PUMPS**, & Other Stories, \$135, stories.com. **NECKLACE**, Aldo, \$40, aldoshoes.com.
CLUTCH, Asos, \$33, asos.com



Shady Lady

Hide tired raccoon eyes with oversize sunglasses in retro shapes and playful prints.

SUNGLASSES (FROM TOP), Dior, \$515, Dior boutiques, 800-929-DIOR; Crap Eyewear, \$58, crapeyewear.com; Oxydo, \$98, Nordstrom; Pared Eyewear, \$220, paredeyewear.com; Karen Walker, \$250, barneys.com



Slam Dunk

Strut your party dress well into the a.m. by trading stilettos for sneaks with street cred.

DRESS, Cynthia Rowley, \$348, lordandtaylor.com. **BELT**, GoJane, \$10, gojane.com.
SHOES, Nike, \$125, nike.com. **BAG**, Banana Republic, \$178, bananarepublic.com. **BRACELETS (from top)**, \$7.90 for set of 3, (middle) \$12, (bottom) \$7.90, all Forever 21, forever21.com

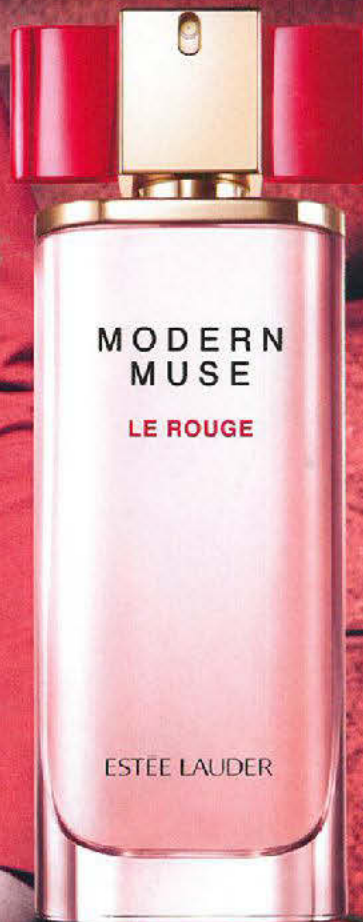
KENDALL JENNER

INTRODUCING

MODERN MUSE LE ROUGE

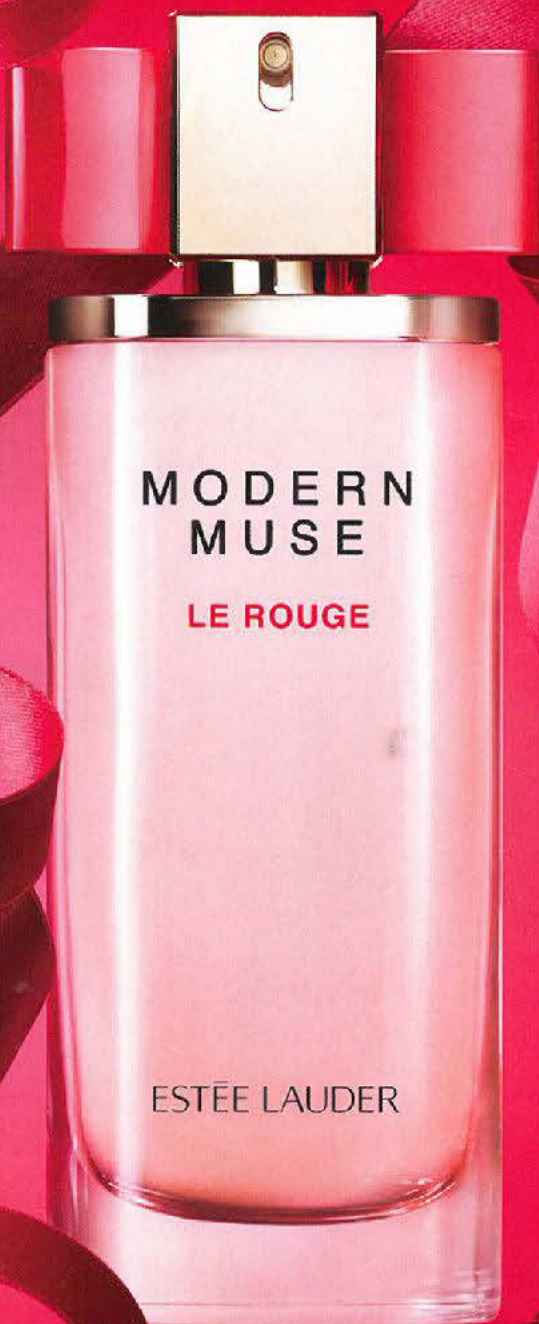
BE DARING. BE AN INSPIRATION.

#modernmuse



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NEW
MODERN MUSE
LE ROUGE
Open here ▶



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UP TO 60 DAYS SEALED-IN COLOR VIBRANCY.*

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Ultra Thin Pads from Playtex® Sport® have a Qwik-Dry Absorbent Core to keep you feeling fresh, and a FlexFit design to twist and turn with your body. Sport Level Protection™, so you can Play On®.



BEAUTY

EDITED BY
LEAH WYAR

Disrupt Your Look!

DITCH THE
BEAUTY COMFORT
ZONE! CREATE A
MOOD BOARD
OF HAIR AND
MAKEUP #GOALS
(FLIP FOR INSPO),
THEN MAKE THEM
YOUR OWN.

BY LONI VENTI

STUCK IN A RUT?
*Pop into any
Sephora for a
free mini
makeover.*

BEAUTY

Lime Light

Get electric lids by coating them with creamy neon green shadow, then lining creases in black.

NYX Jumbo Eye Pencil in Lime, \$4.50, nyxcosmetics.com

Icy Hot

Platinum hair and brows are an epic canvas for sizzling red lipstick. Rock a velvet finish, and keep the rest of your face bare.

REVLON Ultra HD Matte Lip Color in Love, \$9, drugstores

Just the Tips

A French mani is anything but basic... when edges are red! (Bonus when worn with punk jewelry.)

SALLY HANSEN

Complete Salon Manicure in Shell We Dance and All Fired Up, \$8 each, drugstores

Hawk Star

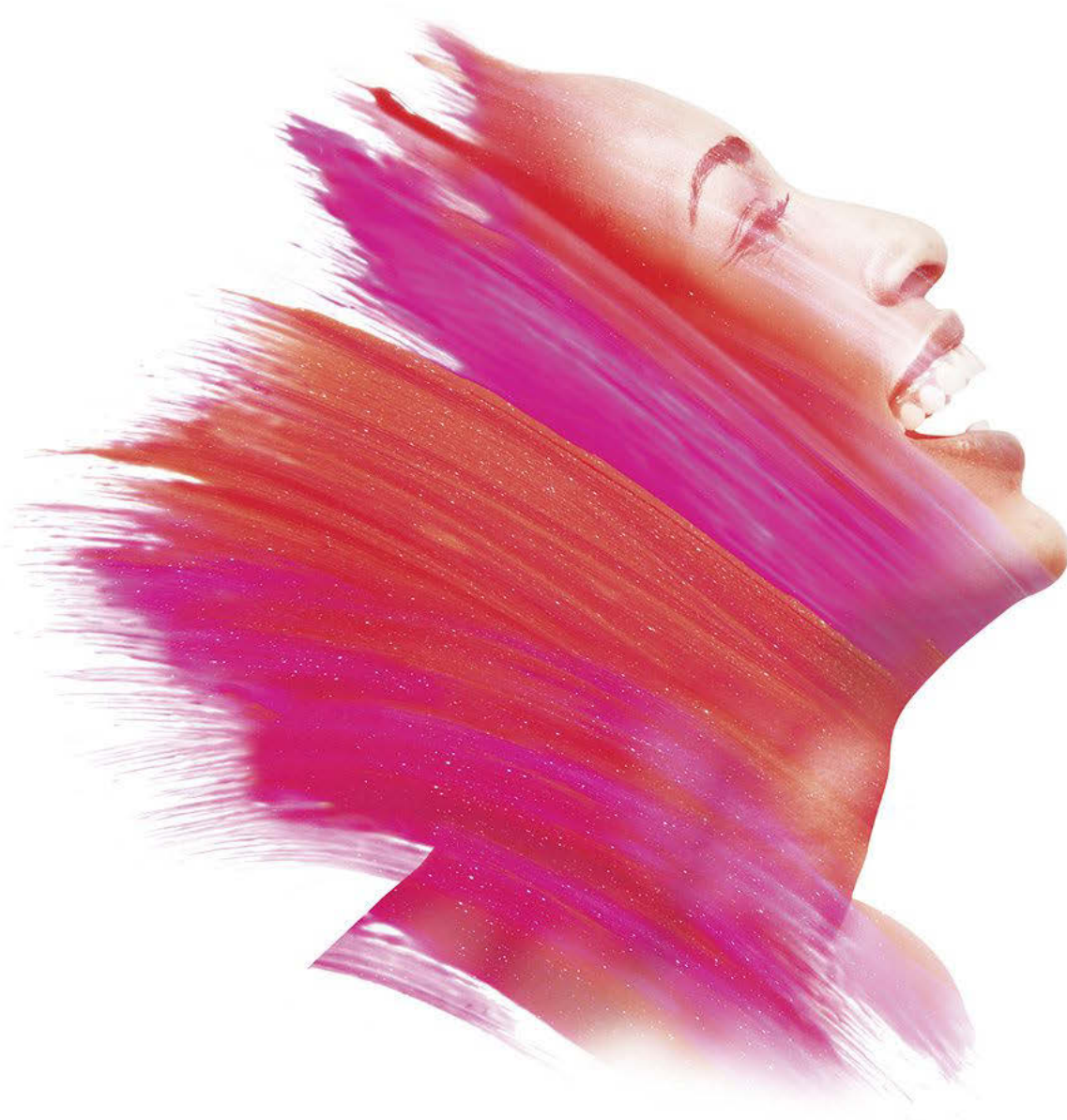
Four knots are radder than one. Divide hair into sections, faux-hawk style, twist into minibuns, and secure with bright bands.

SCÜNCI No Damage Hair Ties, \$6, drugstores

Blue Period

Step up your statement lip with a customized, out-of-the-box hue. Just mix any eye-shadow shade with Vaseline.

ESTÉE LAUDER Pure Color Envy Eye Shadow in Blue Fury, \$25, esteelauder.com



Scratch,
Breathe
and #FeelGlade



Could our new berry fragrance
make you feel brighter?

Experience a rush of vibrant pink creativity
all over with our new Radiant Berries™ candle.

Feel Bright. Feel Glade®



IT'S 2016...

Where's My Foundation?

When it comes to face makeup, women of color are still looking for their match.

BY ANDREA ARTERBERY



IT'S LIKE it happened in slow motion. I fumbled my MAC foundation and watched my NW40 shatter on the floor. I was back visiting my East Texas hometown, and there wasn't a MAC counter for miles.

I headed to the local Walmart for an alternative, but nothing matched my skin tone. I'm a black woman but light-skinned (think Beyoncé). While there were dozens of shades, not one suited my olive undertones. I knew from years of trial and error that, once applied, those pale shades would give me that "trashy ashy" look.

My frustration grew as I searched for darker colors that I could mix with a lighter shade. Combing the aisles, I wondered why the darker shades were stashed on the bottom shelves, collecting dust. And really, why am I mixing my own makeup?! Today, we can book a blowout via an app, but *this* is still a struggle? The longer I stood in the check-out line with my three (!) shades of liquid foundation to mix into a perfect fit, the angrier I became.

Days later, Nykhor Paul, a South Sudanese model, raised the issue on Instagram.

"Why do I have to bring my own makeup to a professional [fashion] show when all the white girls don't have to do anything but show up?" she asked.

Considering that the U.S. Census Bureau predicts that the majority of the country will be minorities by the mid-2040s and African-Americans alone already make up almost 15 percent of the U.S. population, you'd think beauty brands would *want* to keep pace with the marketplace.

So What's the Holdup?

I called about a dozen major brands, from CoverGirl to Clinique, to get to the bottom of the problem. Part of it is geography—retailers stock a wider variety of shades in Los Angeles than they do in Lancaster, Pennsylvania.

I wondered if it was a case of the chicken and the egg. If a retailer believes these customers don't exist in their region, they're less likely to allocate shelf space for darker foundations.

Perception is one part of the equation, agrees Karen Grant, global beauty industry analyst at The NPD Group, which tracks retail trends. Yet, look at MAC: "They offer a wide range of skin tones at their stores [located across the U.S.], and women buy them," she says, adding it's the number one prestige brand in the country.

As for foundation itself, creating it is more complicated than you might think. Balanda Atis, a scientist with L'Oréal USA (which owns L'Oréal Paris and Lancôme, among others), explains. "While brands might succeed in making darker shades, they didn't always get the undertones or the depth right," says Atis, who is African-American. Typically, there are four pigments used to create one shade: white, yellow, red, and black. To create deeper hues, some chemists mix in too much black pigment, which can leave skin looking bruised. For a caramel hue, there may be too much red or yellow, which can leave skin looking orange. Sometimes, chemists add titanium dioxide, a pigment used in many cosmetics to add coverage. Result: an ashy finish. So even when dark shades are available, many of them haven't been very good.

Next-Era Foundations

The landscape is still far from perfect (although shade-matching apps and online shopping options have improved). But there have been advances.

In 2014, Atis created L'Oréal's Women of Color Lab, a team devoted to formulating cosmetics for different ethnicities. A recent win: The lab identified an aquamarine blue pigment that has the ability to create deep, pure color, to create the perfect foundation match in Lancôme's Teint Idole line for their newest face, actress

Lupita Nyong'o. In addition to 555 Suede (Nyong'o's match), the brand also added a darker hue (560) to the collection, a plummy brown (see left). This month, Lancôme is expanding its top-selling Teint Idol Ultra Stick collection to 20 shades. It's comparable to Bobbi Brown Skin Foundation Stick—a favorite among women of color for years—which has 24 shades, with five deeper shades launching in April.

Nick Gavrelis, vice president of global product development for MAC Cosmetics, says the brand relies heavily on its makeup artists to alert them to which shades are needed most. He recounts how the makeup artists in one of the Paris stores were inspired by the black women of Africa's Ivory Coast who shopped there. "We came up with a plan that helped us in our expansion into Africa, and as a result of this, shade NW58 [a warm chocolate] was brought to North America."

Make Up For Ever—known for its bases—recently launched Ultra HD Foundation in 40 shades, while Clinique has 41 in its Even Better line. Chanel is also prioritizing the issue—expect a wider range of liquid foundation shades by the middle of the year.

For mass-market options, you'd be hard-pressed not to find your shade between L'Oréal Paris True Match (which Atis helped create) and Revlon ColorStay Makeup Collection. Those have 33 and 32 shades, respectively.

But perhaps the bigger sign of progress is that some brands are finally starting to realize that black women aren't all the same shade...nor are we a niche consumer. When we finally have more sophisticated options on the shelves—even in my tiny Texas town—that's when I'll be a truly happy customer. ■



1. **MAC Studio** Waterweight SPF 30 Foundation in NC45, \$33, maccosmetics.com

2. **BLACK UP** Sublime Powder in NPS03, \$37.50, blackupcosmetics.com

3. **CHANEL** Perfection Lumière in 114 Ambré, \$58, chanel.com

4. **ESTÉE LAUDER** Double Wear All-Day Glow BB Moisture Makeup SPF 30 in Intensity 6.0, \$38, esteelauder.com

5. **YVES SAINT LAURENT** Le Teint Touche Éclat Foundation in B90, \$58, yslbeautyus.com

6. **COVERGIRL** Queen Collection CC Cream in Golden Honey, \$8.99, drugstores

7. **DOLCE & GABBANA** The Lift Foundation in Soft Sable, \$73, saks.com

8. **COVER FX** Total Cover Cream Foundation N120, \$42, coverfx.com

9. **LANCÔME** Teint Idole Ultra 24H in 560, \$46.50, lancome-usa.com

BEAUTY

BLING FINGERS

Ring in 2016 with some bubbly...and a sapphire mani.

OPI St. Mark's the Spot, \$9.50, ulta.com

GO LONG

Trigger hair growth every time you wash with this root-boosting niacin-rich shampoo.

OGX Niacin3 + Caffeine Shampoo, \$8, Target

SUDDEN IMPACT

Navy liner intensifies the whites of your eyes, so your eye color pops.

RIMMEL LONDON

Exaggerate Smoke n' Shine Liner in Blue Steel, \$6.50, drugstores

CLIP ART

A tricked-out hairpin turns a gym bun into a brunch one.

KARINA Grey Pearl Barrette, \$8, ulta.com

\$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

WAKE-UP CALL

When you need to fake a full eight, roll on this antioxidant-packed eye serum in the a.m.

E.L.F. STUDIO Eye Refresh, \$3, elfcosmetics.com

LIGHT SWITCH

Contouring with bronzer? So last year. Dust this pearlized powder high up on cheeks instead.

MAKEUP REVOLUTION Vivid Baked Highlighter in Golden Lights, \$6, ulta.com

SOFT SERVE

The beauty equivalent of a cozy sweater: this cashmere-like cream.

H&M Cashmere Haze Body Cream, \$8, H&M Stores

HIT REFRESH

Purse-size and perfect for nixing greasy, flat roots on the fly.

FEKKAI Blowout Travel-Size Hair Refresher, \$8, fekkai.com

HEAVY METAL

A swipe of blue or silver lipstick is all it takes to harness your inner #BadBitch.

NYX COSMETICS Wicked Lipgloss in Stone Cold (silver) and Sinful (blue), \$6 each, nyxcosmetics.com

COVERGIRL®

EASY BREEZY BEAUTIFUL

KATY PERRY

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A WHOLE NEW LOOK IN LASHES

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NEW PLUMPIFY MASCARA

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Katy is wearing lash inserts.

LASH
LIFTING
BRUSH



**50X
VOLUME
+
VERTICAL LIFT**



BEAUTY

The Secret to Sexier Hair

Take care of your scalp
and your hair will reward you
in shine, strength,
even length. Seriously.

BY DEANNA PAI

IF YOU THINK ABOUT IT, it's weird that your skin-care routine stops at the hairline. "Your scalp is really an extension of your face...and has its own unique skin type," says Francesca Fusco, MD, a New York City dermatologist for Clear Scalp and Hair. The weather, hormones, even styling habits can throw it out of whack...and that's when trouble starts. "About a quarter of my patients complain of dryness, itchiness, tightness, and stinging," says Dr. Fusco. Scalp imbalances can also mess with your look—cue dullness, breakage, and slower growth. Confront your issue head-on with our guide.



Second-day hair? As if! You can't go longer than a day without it getting flat and greasy.

SCALP TYPE: OILY

Just like fluctuating hormone levels wreak havoc on your face (think monthly breakouts on your chin), they also control oil production on your scalp.

SOLUTION Once a week, use a clay mask (try **Dessange Paris** Balancing Pre-Shampoo Mask [1], \$12, Target) to purify follicles. And shampoo *daily*, rinsing thoroughly, says Dr. Fusco. (Dry shampoo doesn't count—see below.) Use a shampoo specific to oily hair (the botanicals in **Phyto Purifying Scalp Exfoliating Shampoo** [2], \$26, sephora.com, reduce oil production).

No flakes—just unpredictably itchy, tight, and uncomfortable.

SCALP TYPE: SENSITIVE

Random discomfort is likely a reaction to inflammation spurred by product residue or buildup—common if you don't shampoo on the reg.

SOLUTION Once a week, swap your usual shampoo for a scalp scrub, which manually breaks down buildup. (**Christophe Robin** Cleansing Purifying Scrub With Sea Salt [3], \$51, Sephora, gently exfoliates with foaming mineral salts.) Follow with a soothing, lipid-rich serum (like **René Furterer** Astera Leave-In Soothing Freshness Serum [4], \$31, renefurtererusa.com).

YOUR SCALP SITCH

It's occasionally itchy and dotted with teeny white specks. Hair dye may also sting.

YOUR TYPE: DRY

Winter air strips your scalp's naturally low moisture levels. Ditto blow-dryers and flat-irons, which can make things uncomfortable.

SOLUTION After washing, follow with a conditioner made with vitamin E (in **Head & Shoulders** Moisture Care Scalp Soother [5], \$10, drugstores). Rub it into your scalp, not just hair. Every few days, apply a flake-dissolving mask made of salicylic acid for 10 minutes pre-shampoo (try **Philip Kingsley** Exfoliating Scalp Mask [6], \$30, philipkingsley.com).

----- Large, chunky flakes are most likely dandruff. A daily shampoo with pyri-thione zinc (like **Clear Scalp and Hair** Complete Care Anti-Dandruff Shampoo [7], \$5, drugstores) will zap the over-growth of (totally normal!) fungus.

ADDICTED TO DRY SHAMPOO?

Sure, it's convenient, but "it's like piling on powder to cleanse an oily face," says Dr. Fusco. "Adding it to a mix of oil and sweat can clog hair follicles and breed irritating bacteria." When you do wash the old-school way, choose a shampoo labeled for *scalp and hair*. (At left: **Phylia de M.** Clean Shampoo for Scalp and Hair, \$35, phylia.com.) Scalp-healthy ingredients like zinc pyrithione lessen the buildup of oil, product, even dead skin cells. (You could also use an anti-dandruff shampoo after a dry-shampoo binge.)



Unbrushable Hair

Piled on texturizer, hair spray, dry shampoo (all the above?)...and have a rat's nest to prove it? Apply conditioner *before* shampoo. The oils break down buildup so shampoo can wash it all away. Try Aussie 3 Minute Miracle Moist, \$4, drugstores, followed by Hair Food Root Cleansing Shampoo, \$10, Target.

Eau So Smelly

While asleep, your body was likely sweating out alcohol. Ew. Jump in a lukewarm shower (not too hot or you'll keep sweating) with a foamy scrub (like Nivea Daily Renewal Lathering Body Scrub, \$6, drugstores). Suds plus exfoliating beads operate like an odor magnet. Finish with scented body oil (like Fresh Life Body Oil, \$48, sephora.com) or lotion.

Tired, Puffy Eyes

Tame sleepy eyes with a Visine soak: Add a drop per eye then close for two minutes. Follow with moisturizing under-eye skin patches to counteract alcohol's dehydrating effects. DHC's Rich Eye Zone, \$17.50, dhccare.com, wraps around your eye, infusing the area with moisture.

Wake Up in Makeup?

Do a double cleanse. Start with cleansing oil (try Boots No7 Beautiful Skin Cleansing Oil, \$12, Target) or micellar water (we love Simple Skincare's, \$7, drugstores) to dissolve makeup. (If you slept in false lashes, rest cotton pads soaked in makeup remover on eyes before peeling them off.) Then lather up with face wash to target pores.

Dragon Breath

If you passed out without brushing, you have to try the tooth facial. Brush, floss, then repeat. And finish with a 30-second swish of germ-blasting mouthwash. Crest 3D White Luxe Glamorous White Mouthwash, \$4.59, drugstores, lifts away surface stains—ideal if you were sipping red wine.

PARTIED ALL NIGHT?

FOR TIMES WHEN YOU CARPE PM A LITTLE TOO HARD:
POP AN ASPIRIN, CHUG SOME AGUA, AND GIVE THESE MORNING-AFTERMATH TRICKS A GO.

BY LONI VENTI



PANTENE

STRONG IS GOING TO ANY LENGTH

When your hair is strong, you can go further than you ever thought. The new Pantene shampoo and conditioner system has a PRO-V Formula that micro-targets weak spots, for stronger hair.* So you can love it even longer.

STRONG IS BEAUTIFUL™

*strength against damage vs. non-conditioning shampoo ©2015 P&G

Relax All Day

Dial down the drama—and bring on the calm, cool, and collected—whenever (and wherever) stress hits.



STEAM QUEEN

Clip **ESSIO** Aroma-therapy Shower Kit (\$45, essioshower.com) to your shower-head to infuse the steam with one of three essential oils (we love the eucalyptus blend).



SCRUB A DUB

A waterproof Blue-tooth speaker? Yes, please! Suction the **ADURO AQUASOUND** (\$70, aduroproducts.com) to your shower wall, and crank the calm.

A.M.

Woke up to a hundo e-mails? Slept through a VIP alarm? Pimp your shower with these spa-inspired chillaxers to start your day serene.



TRESS DE-STRESS

A fast-acting deep conditioner (like **PANTENE** Pro-V Daily Moisture Renewal 3 Minute Miracle Deep Conditioner, \$5, drugstores) detangles and smooths hair, making post-shower styling a cinch.



CHILL OUT...

Literally! Keep a gel body wash (like **LUSH** Refresher Shower Jelly, \$7, lush.com) in the fridge, and use it in a hot shower. The temp switch is proven to lower stress.

AT WORK

This stuff is like sneaking in 3 p.m. yoga.

ROLL WITH IT To perk up your posture and rub away tension, keep a tennis ball on hand, advises physical therapist David Reavy, founder of React Physical Therapy in Chicago. Tuck it between shoulder blades (not your spine), lean back, and roll it around to work out kinks.

HEAR THIS! Gently massage your ears, first by rubbing your lobes with your thumb and index finger, then squeezing the outer edges all the way to the top and back, suggests NYC integrative medicine expert Frank Lipman, MD. It works like needle-less acupuncture to calm you down in seconds.

TAKE A BREATH Rub a few drops of a relaxing essential oil (**H. Gillerman** Stress Remedy, \$48, hgillermanorganics.com, has super-soothing vetiver) between hands, and inhale deeply three times.

FACE TIME

Multi-masking—treating your face with more than one mask—is the secret to a spa glow. Use a clay mask on oily zones and a hydrating one on dry parts. (ESTÉE LAUDER Nutritious Radiant Vitality 2-Step Treatment, \$68, esteelauder.com, offers both.)



FAUX FIRE

Get that same warm-and-cozy feeling with wood-wick candles that crackle as they burn. TIZIANA TERENZI's White Fire candle, \$60, peraroma.com, smells and sounds like the real deal.



Collapsing on the couch just got better. Max out a nighttime Netflix sesh with these super-soothing treats.

P.M.

SO HANDY

Slip dry hands into KARUNA Hand Masks (\$32 for four, ulta.com), gloves pre-filled with jojoba oil and shea butter. Call it a digital detox (you can't Snap, tweet, or 'gram!).



WRAP STAR

Mimic a spa body wrap: Coat skin with body butter (try THE BODY SHOP Spa of the World Body Cream, \$35, thebodyshop.com), and slip into sweats. The heat helps it penetrate deeply.



BODY



-----ED BY
-----A AUSTIN &
-----ELLE MCNALLY-----

SO YOU HAD A *VERY*
HAPPY NEW YEAR.
FOR YOUR ACHY
HEAD, THERE'S
WATER, ADVIL, AND
TIME. FOR THE
REST OF YOUR
MORNING-AFTER
DISASTERS,
FOLLOW OUR
INSTRUCTIONS.

BY CELIA SHATZMAN

Hangover
Hacks
You'll
Thank Us
for on
Jan. 1



CLEAN
YOURSELF UP
FIRST, THEN
WE'LL DEAL
WITH THE HALF-
EATEN PIZZA ON
THE FLOOR.

THE THROAT HANGOVER

You were shouting over the music all night (when you weren't singing along), so no wonder you can barely croak out a sentence. "Normally when someone loses their voice, it's because the vocal cords have become inflamed," explains Christopher Chang, MD, an otolaryngological surgeon in Warrenton, Virginia. Add to that the fact that alcohol is a chemical irritant that dries out the lining of the throat. "You have to rest the voice to give it a chance to heal," Dr. Chang advises. If you can't keep quiet (say, you have to give a presentation at work), do instant damage control by breathing in humid air—a hot shower typically does the trick—and drinking plenty of fluids. Dr. Chang says most beverages are fine, although

sipping warm chamomile, ginger, or peppermint tea with honey throughout the day can be extra soothing for both your throat and stomach. And that ringing in your ears? Unfortunately, there's not much you can do on your own to quiet it. If it lasts for more than three days, see your doctor for an Rx. In extreme cases, a dose of steroids may be required.

THE HEELS HANGOVER

They looked flawless last night, but you're cursing them now. High heels can shorten the Achilles tendon over time, so while you're still in bed, before putting any weight on your feet, stretch your calves, suggests Jacqueline Sutera, DPM, of City Podiatry in New York City. Follow that with a mini-massage, rolling feet over a golf or tennis ball or a frozen water bottle. Then spend two to three minutes trying to pick up a sock off the floor

using just your toes. "Even if you can't actually pick it up, the act of scrunching your feet can help squeeze out lactic acid buildup, important for reducing soreness," says Dr. Sutera. Finally, ice your feet for 15 minutes to lessen inflammation and pain.

When you head out for the day, wear shoes with rubber soles and a supportive arch. Ideally, that's a sneaker (go athleisure!), but if you must wear heels, opt for a wedge, and alternate the types of kicks you wear throughout the rest of the week, avoiding the same style or heel height. If there's bruising or pain after two days, see a podiatrist. It could be deep contusions, which are like bone bruises, or a stress fracture.

THE SKIN HANGOVER

Skin looking as bad as your head feels? "Drinking alcohol causes dehydration, leading to dry, cracked, irritated skin," says Joshua Zeichner, MD, director of Cosmetic and Clinical Research in the Department of Dermatology at Mount Sinai Hospital in New York City. What's worse, "alcohol lowers the body's levels of antioxidants," Dr. Zeichner adds. "They're like the skin's natural firefighters, protecting against damage." That means hangover skin is more susceptible to environmental stressors like UV light, pollution, and cigarette smoke. To protect it, wash your face

with a gentle cleanser, then apply a serum with topical antioxidants, like vitamins C and E, ferulic acid, green tea, or phloretin (an apple extract with potent antioxidant properties). Add a heavy moisturizer—look for *hyaluronic acid* on the ingredient list. As for any dark circles, pat on a cream with caffeine to combat puffiness and discoloration, then a brightening concealer with light-reflecting pigments to fake radiance.

THE EYE HANGOVER

Passed out in your contacts again? That's a damaging habit, says Mitchell Cassel, OD, an optometrist at Studio Optix in New York City. "The eye is dependent on oxygen to nourish the outermost layer, the cornea. When you sleep in lenses, you deprive your eyes of this much-needed oxygen, causing swelling of the cornea cells and leading to dry, blurry, red, and uncomfortable eyes." Give them a break and wear glasses the day after. Even those with perfect vision may notice eye pain after a night of hard partying. Dehydration can cause itchy eyes, and a lack of sleep can produce excess oils that compromise the tear film, leading to dryness, burning, and redness. Cassel recommends prescription or OTC antihistamine drops (lens wearers should use a formula made for them) to reduce the irritation quickly. ■



2016 DIET-BOOK CHEAT SHEET We picked out the sane advice.

EAT PROTEIN AT EVERY MEAL. Aim for 25 to 35 grams, says David Ludwig, MD, PhD, author of *Always Hungry?* Protein in dairy, meat, fish, beans, and nuts cue a hormone that reduces hunger and raises energy.

EAT FOR YOUR BODY TYPE. Apple-shaped? Opt for healthy fats before grains to slim your belly, says *The Doctor On Demand Diet*'s Melina Jampolis, MD. Pear-shaped? Favor healthy carbs, like berries.

KEEP A FOOD LOG. People who do so lose twice as much as those who don't, according to Ilyse Schapiro, RD, coauthor of *Should I Scoop Out My Bagel?* (Answer: Yes.) Just a note on your phone works fine.



THE COSMO TASTE TEST

How to make sure your yogurt is a healthy snack? Pick one with less than 20 grams of sugar. Cosmo staffers tried a bazillion and deemed these three good and good for you.



NOOSA PLAIN

It's made with whole milk, giving one 8-oz container 13 g of fat, 14 g of protein, and 15 g of sugar.

TASTING NOTES: Smooth, creamy, divine, no mix-ins necessary (a good thing since it has 240 calories).



SIGGI'S NONFAT PLAIN

Small but mighty, a 5.3-oz container of this "skyr" (a strained version) has no fat, just 4 g of sugar, and 80 calories. Plus, 15 g of protein.

TASTING NOTES: A little tart. Add peaches or nectarines and granola with nuts and seeds.



THE GREEK GODS TRADITIONAL PLAIN

It's sweet not sour, with 9 g of protein and 14 g of fat but also 15 g of sugar and 220 calories.

TASTING NOTES: It reminded testers of ricotta. Try it for dessert instead of a quick snack.

SOURCE: AMY MYRDAL MILLER, MS, RD, FOUNDER/PRESIDENT OF FARMER'S DAUGHTER CONSULTING

Go for the Silver

Even if you're having a sad desk salad, grab a real fork, knife, or spoon. People who eat with heavy utensils enjoy food 10 percent more than those eating with cheaper flatware, a recent study finds. "You'll believe the quality of your food is better," says coauthor Charles Michel, chef-in-residence at the University of Oxford. Weightier silverware may also help you slow down and be mindful, which could equal eating less.

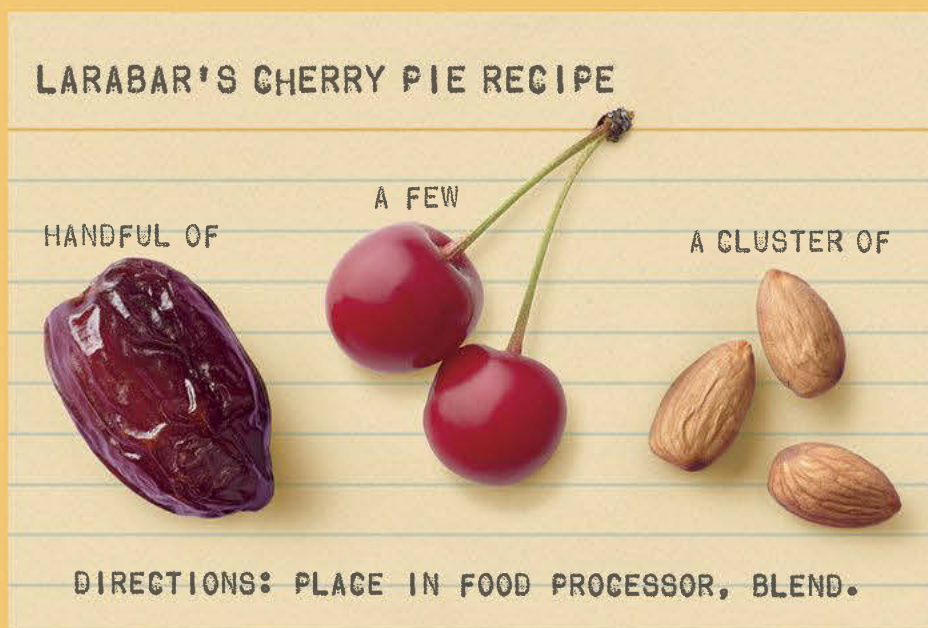
—ABIGAIL LIBERS



—SOURCE: COMPLEMENTARY THERAPIES IN MEDICINE

SO SIMPLE

YOU COULD MAKE IT AT HOME



ONLY FOOD IN OUR FOOD.

MADE WITH THREE INGREDIENTS: DATES, ALMONDS AND CHERRIES.

Ask Dr. Ashton

After I got the Mirena IUD, I started losing my hair. What gives?

This is a very rare side effect: Alopecia occurs in less than 5 percent of Mirena patients. Mirena uses one of the lowest doses of the hormone progesterone of any birth control on the market, so side effects that appear to be hormonal may actually be unrelated. Have you made any diet or lifestyle changes lately? If not, it may be worth talking to your doctor about finding a BC method that's better for you.

Do I need to use a special cleanser for my vagina?

Nope, the idea that you need something different for your face, armpits, and private parts is mostly marketing. I often tell patients to use shampoo, because if it's for your head, it's going to be gentle. That said, standard products can contain irritants and even organics may have fragrance, to which people can be sensitive or allergic. Find what works for your skin.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



PERCENTAGE
OF U.S.
WOMEN
AGES 14 TO
49 WITH
BACTERIAL
VAGINOSIS
NO SHAME!



IT'S JUST
A LITTLE
EAU DE YOU.

Scent of a Woman

Many vag smells are totally normal. Others, not so much. Here's how to know if your funkiness might merit a visit to your doctor.

MUSKY

Mild, sweaty odors are likely just pheromones, which are the body's mate-attracting chemicals. Your natural scent may grow stronger depending on temperature, diet, perspiration...even wearing tight jeans.

The solve: Nothing to worry about here. Hit the showers (to remove excess sweat) and go about your day.

BLEACHY

This strong chemical scent usually arises after a steamy night, when vaginal fluids have mixed with lubricants, condoms, and semen, all of which have distinctive odors.

The solve: This smell on its own is NBD. Got itching and redness too? It might be a sign of a yeast infection. See your gyno.

FISHY

A mild but foul odor can mean an overgrowth of normal bacteria, typically caused by douching or having sex without a condom.

The solve: If the smell comes with itchiness and a milky-white or gray discharge, visit your ob-gyn. You may have a vaginal infection, like bacterial vaginosis. She can write you a prescription for an antibiotic.

—MARIA AZUA
SOURCE: NANCY LEBOWITZ, MD, A GYNECOLOGIST IN NYC

WHAT THE HECK IS A GENTLE C-SECTION?!

New moms who can't deliver vaginally sometimes feel let down. They miss out on seeing the delivery, and the baby is usually taken away immediately after. Enter the "gentle" or "family-centered" C-section. In this procedure, pioneered by Boston's Brigham and Women's Hospital and now offered nationally, docs use a clear drape and place monitors on the woman's side or back so she can hold her baby right away. —EMILY ROWE

SOURCE: DANIEL ROSHAN, MD, A MATERNAL-FETAL MEDICINE SPECIALIST IN NYC



*Deni
Lovato*

NEW **SKECHERS**
BURST STYLE.

WITH **AIR-COOLED MEMORY FOAM**

**COMFORT
AND BOUNCE
IN EVERY STEP**



WORKOUT

Look Sexier From Behind

Who doesn't want an A+ ass? With this routine from Cosmo fave trainer Katia Pryce, 10 minutes three or four days a week is all it takes to tone, lift, and sculpt a butt worth flaunting. Let the haters hate: This year, leggings *are* pants.

BY DANIELLE MCNALLY



1 SIDE-BUTT SPECIAL

Get on all fours, wrists under shoulders, knees under hips. Lift right leg, and kick it out to side at hip height [shown]. Reverse motion to return to start. Immediately repeat with left leg. That's 1 rep. Continue, alternating sides for 30 reps.

AB BONUS Even though your lower body is shifting from side to side quickly, keep your upper half still as a statue, says Pryce. That way, you get a killer oblique workout too.





2 APPLE BOTTOM

Get on all fours, resting on forearms, elbows under shoulders, knees under hips. With knee bent, lift right leg slightly to cross right ankle over left **[A]**. From there, lift right leg up high, keeping knee bent **[B]**. Lower, repeat 8 times. On the last rep, pulse leg up 16 times. That's 1 set. Do 4 sets, then switch sides.

HARDER THAN IT LOOKS

Don't be surprised if this isn't tough at first. "The lifts are warming up the glutes," says Pryce. "When you get to the pulses, you should be dying."



3 HIP ACTION

Lie on your right side, resting on your right forearm, elbow under shoulder, left hand on floor in front of stomach, and legs together, knees bent. Keeping feet together, lift left knee **[A]**. Lower, then extend left leg to the side **[B]**, keeping knee and foot facing forward, not up. Return to start. Do 25 reps, then switch sides.

DON'T CHEAT To engage the glutes and not the quads, it's important to keep your hips stacked—don't let them roll backward! Pryce suggests placing your left hand on your hip rather than on the floor and pushing your hip forward.



THIS ROUTINE WORKS YOUR LOWER BODY FROM LOADS OF DIFFERENT ANGLES TO GIVE YOU A PERKY BUM ATOP TRIM THIGHS.

WORKOUT

4 THIGH TONE-UP

Sit faceup, knees bent, feet flat, and prop yourself up on your elbows. Extend right leg out to side, and open left leg slightly [A]. Draw legs toward each other, and bend right knee to cross it over left [B]. Do 20 reps, then switch sides.

POST-WORKOUT SNACK

To get curves, you need to build muscle, which means you need to eat protein (at least 12 grams). Without it, you can exercise all you want, but "the muscles won't form correctly," says Pryce.



A



B

JACKET, Adidas by Stella McCartney, \$420, stellamccartney.com/us.
SPORTS BRA, Solow, \$70, revolveclothing.com.
LEGGINGS, Ultracor, \$168, Bandier. **SNEAKERS**, APL, \$140, aplrunning.com

PRYCE'S IDEAL
 PLAYLIST FOR
 THIS WORKOUT:
 "BOOTYLICIOUS," BY
 DESTINY'S CHILD;
 "BOOTY," BY J.L.O.; AND
 "ASS DROP," BY
 WIZ KHALIFA.

5 BOOTY BOOSTER

Get on all fours, wrists under shoulders, knees under hips. Shift weight to the right, and lower onto right forearm as you extend left leg out to side. Lift left leg up, and rotate it to the back [shown]. Reverse motion to lower to side. Do 30 reps, then switch sides.

FEEL THE BURN You want to use your abs and butt, not your leg muscles, to do this lift. If you feel it in your hamstring or quads, relax your foot.



FASHION EDITOR: ADAM MANSUROGLU. HAIR: ANDRITA RENEES USING CORIOLISS. MAKEUP: CARRIE LAMARCA FOR ABTP.COM. MANICURE: RACHEL SHIM FOR ABTP.COM.

Can a Type-A Girl Find Calm?

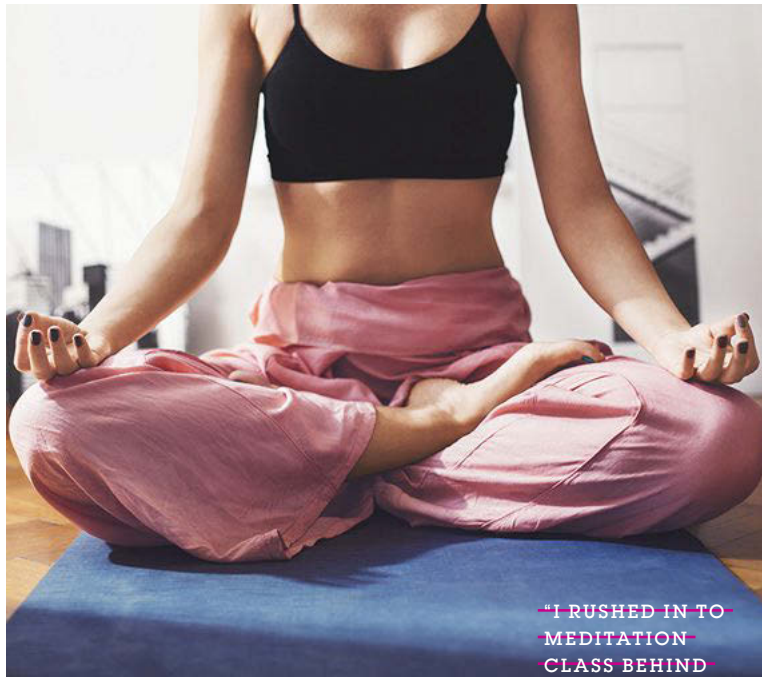
Danielle McNally ran four marathons, no problem. It was meditation that nearly killed her.

"WHEN PEOPLE SAY they don't have time to meditate, I ask them, 'Do you have time to feel like shit?'" So says meditation guru Gabrielle Bernstein at our first meeting, and I have to admit she has a point.

The ancient practice is suddenly trending, with a new study practically every week touting its pros: stress reduction, antiaging, stronger immunity. It appears literally to change our overtaxed brains, turning down activity in the areas involved in anxiety and turning it up in the areas that keep emotions in check. The cons are...none, basically. It's like a wonder drug with no Rx needed and no side effects.

So I'd added it to my to-do list. The problem: I never did it. There were memos to prepare, runs to run. Even if I could find the time just to sit in silence, how could I stop the thoughts about everything else I should be doing?

Experts will tell you there's no wrong way to meditate, as long as you're (a) in a comfortable position in a quiet space, (b) focused on something specific, and (c) holding a non-judgmental attitude.



"I RUSHED IN TO
MEDITATION
CLASS BEHIND

Yet my first attempt was a flop. I had signed up for a group class at The Path, a meditation studio that hosts 45-minute classes in an NYC townhouse. I rushed in behind schedule and panting, and all I could focus on were the sweat beads slowly tracing their way down my spine, how uncomfy my meditation cushion was, and the puzzle of how meditation requires you to sit even though being sedentary is bad yet meditation is good. I left feeling no less

stressed than I was when I walked in.

All of which brought me to Bernstein, the author of *Miracles Now*. "I'm trying to meditate, and I'm mad at myself that I can't," I tell her. "It's like I'm trying to win at meditation." She assures me that she hears this from clients a lot and adds that trying to meditate for 45 minutes the first time out is like starting an exercise plan with a triathlon. In fact, less than five minutes is enough.

Bernstein teaches me a beginners'

kundalini meditation: I take long, deep breaths for three minutes while repeating the mantra *sat nam* ("truth identified"), then simply sit quietly for a minute. Afterward, I feel both energized and relaxed. Then Bernstein gives me a directive to meditate daily. Bubble = burst.

Wonder drug or no, meditating is

harder than popping a pill. So I pick up a few more tools. I download the app OMG. I Can Meditate!, which targets specific moments—conflicts, office stress, walking. I especially like the one for waiting in line, which I resolve to use in lieu of Instagram scrolling. I also happen upon a YouTube video called *Fuck That: A Guided Meditation*. It has Enya-like music and expletive-laced instructions. ("You're here now, in this place with your inner stillness. Those bitches can't get under your skin. They can't even.") After I stop laughing, I find it surprisingly useful.

I start meditating more and more, if not every day. I repeat my mantra at a friend's bachelorette party, on New Jersey Transit, on a beach in Spain. And the more I do it, the less my mind wanders. I start to plan my day around classes at The Path. One Tuesday morning, I pick out a zebra-striped silk jumpsuit because the harem pants will be perfect for sitting cross-legged later that night. I receive multiple compliments. Meditation really does have endless benefits. ■

Your classmate
in Delaware
says it eases her anxiety,
while your uncle in
California swears
it erases his knee pain.

SHOULD EVERYBODY JUST GET STONED ?

But does that mean
recreational pot is good
for you too?

VIRGINIA PELLEY
investigates the new
vice of choice.





BALANCING 24 CREDITS, marching band, sorority council meetings, and a part-time job was taking a toll on Cali G., then a 21-year-old University of Missouri student. Overwhelmed, she turned to alcohol to mellow out.

"My responsibilities became unbearable. I would come home from class, grab a beer, and chug my way into a fog," she says. After one particularly brutal hangover, Cali swore off hard drinking. Then, on a camping trip with friends, she had a pot epiphany.

"My friends told me that smoking weed is safer for your lungs than cigarettes," says Cali, who is now 24 and living in southern California. "After learning how to do it, I sank into a state of relaxation I'd rarely felt before. It was like I'd been wearing a weighted vest but now it was lifted off."

The next morning, Cali watched as campers who had gotten drunk staggered out of their tents. "I was munching on Goldfish crackers, thinking, Damn, I'm glad I missed out," she recalls. "That went against what I'd believed before: Weed is bad, and alcohol is legal. There's a reason for that, right?"

Long-held beliefs about pot are shifting fast. Fifty-three percent of Americans (and 68 percent of millennials) support legalization, according to a March 2015 survey by the Pew Research Center. It's already fine to use medicinally in 23 states and DC—prescribed for pain, nausea, insomnia, PTSD, and more—and you can light up recreationally in Colorado, Washington, Oregon, and Alaska. Which means plenty of people may be wondering the same thing as Cali: Might pot be better for you than alcohol?

In the Pew survey, about 7 out of 10 respondents said drinking is the more damaging habit.

They seem to be right. Last year, researchers compared the deadliness of 10 substances for a study published in *Scientific Reports*. Booze and tobacco were among the top four. Alcohol abuse is linked to 1 in 10 deaths among 20- to 64-year-olds annually, including car accidents, homicides, and suicides. Smoking cigarettes kills more than 200,000 women each year from heart attack, stroke, lung cancer, and emphysema. Marijuana, meanwhile, was last on the list—about 114 times less fatal than alcohol.

"In modest amounts, marijuana doesn't cause terrible harm to anyone's health," says Igor Grant, MD, director of the Center for Medicinal Cannabis Research, at the University of California at San Diego. Still, he and other experts argue that more research is needed before we endorse pot as a health positive. But because the federal government categorizes marijuana in the most dangerous class of drugs, it's incredibly difficult to get the approval and supplies necessary to conduct a gold-standard study that might show weed's benefits. Pot may turn out to be a more virtuous vice than booze, but that doesn't mean getting baked is *good* for you.

POT & YOUR BODY

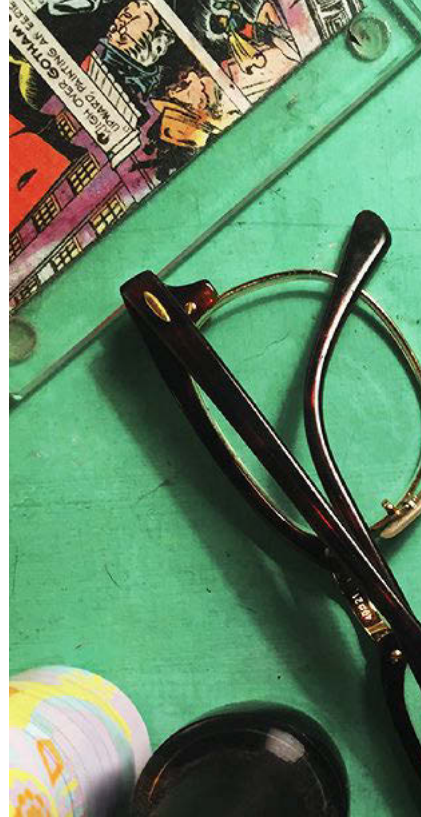
It's no news flash that marijuana use affects coordination, time perception, and memory. It can hinder your ability to pay attention and alter your judgment, says Nora Volkow, MD, director of the National Institute on Drug Abuse. "Sometimes, I do get to that point where I can't focus and realize I've smoked too much," says Annie D., 25, who works in e-commerce in Washington. Teens and young adults, in particular, may not be able to learn as much while high, Dr. Grant says. And Dr. Volkow points out that the brain is still developing until age 24 or 25.

Marijuana can affect mood disorders and mental health too. In some, it can cause or exacerbate anxiety and depression. And those with a genetic predisposition might be at risk of developing schizophrenia if they use pot, a 2012 study in *Biological Psychia-*

try concluded. Longtime users may experience withdrawal symptoms like unease, restlessness, and irritability if they quit.

Scary, yes, but such effects aren't that different from what drinkers experience. A few drinks can impair memory, the National Institute on Alcohol Abuse and Alcoholism (NIAAA) states. And withdrawal symptoms from heavy, long-term alcohol use are much more alarming: hallucinations or delusions.

There's some evidence pot may have negative effects on your heart, including case reports of heart attacks and strokes among recent or heavy users. But little is known about the link, says David Goff, Jr., MD, PhD, dean of the Colorado School of Public Health at the University of Colorado at Aurora. One study from 2013 shows that pot may decrease fertility, because it can lower levels of the luteinizing hormone, needed for ovulation. And smoking pot isn't great for your lungs. It can't compare to the health effects of tobacco, partly because, as Dr. Goff notes, "people don't smoke a pack of joints a day." Still, he says, "voluntarily putting smoke into your lungs is dumb." Dr. Grant adds, "When you smoke marijuana, you bring in tars that can cause lung cancer." Using a vaporizer may reduce your tar exposure.





POT & YOUR SAFETY

Tori C., a student at a large southern university, skips alcohol and smokes pot usually. She feels it keeps her safer. In the fall of 2014, she was sexually assaulted after a party where she and her attacker had been drinking.

It happens way too often: More than 690,000 college students are assaulted each year by someone who has been drinking, NIAAA statistics estimate. The annual number of victims of alcohol-related sexual assaults, specifically, is 97,000. Pot, meanwhile, tends to lessen aggressive behavior. Moderate and high doses may even suppress violence and reduce irritability and hostility in group settings, according to a review of research in *Addictive Behaviors*.

Evidence of this is emerging outside the lab. Compared with the first six months of 2013, the murder rate in Denver, Colorado, dropped by 38 percent in 2014, the first year you could lawfully buy pot. The rate of forcible sex offenses dropped by almost 19 percent. Critics caution, however, that it may be a case of correlation, not causation.

Tori knows the only person to blame for her rape is her rapist. Still, she says, "I was too drunk to fight back. Drinking inhibits my

ability to function more than pot. When I smoke, I stay in control."

She feels the same way about driving high. She tries not to drive under the influence of anything, she says, "but if I had to, I could drive stoned. There's no way I could operate a vehicle drunk." She's not way off base. A 2010 study published in the *American Journal on Addictions* found that drivers under the influence of alcohol underestimate how impaired they are, while participants who smoke pot drive cautiously to compensate. Drunk drivers also have more trouble keeping a car in its lane than marijuana users do.

None of which endorses drugged driving. Pot-related road fatalities appear to be rising: About 12 percent of U.S. drivers in fatal accidents in 2010 had cannabinoids in their system, up from 4.2 percent in 1999. "If you're high, you shouldn't be driving," says Dr. Grant. "One could argue that drunk driving is worse, but that doesn't mean pot is safe."

POT & THE BOTTOM LINE

This debate is far from over, so maybe take it slow. Legalization opponents worry there isn't enough education and regulation to keep users safe. Denver has

seen a rise in ER visits after people ingested large amounts of pot-laced goodies, which can cause anxiousness and hallucinations. In one tragic case, a visiting college student jumped off a balcony and died. "When I bought weed from a dispensary, I asked, 'What are the side effects? What's the correct dose?'" says Carla Lowe, founder of Citizens Against Legalizing Marijuana. They were very unhelpful and blasé, she says.

Most states have agencies intended to provide some level of oversight on how dispensaries operate, but Paul Armentano, deputy director of the National Organization for the Reform of Marijuana Laws, notes that there are no agreed-upon safety regulations of any kind: no supervision of testing facilities, and tests for contaminants aren't standardized. "People are used to buying weed on the black market with no idea about quality," he says. "As consumers get more sophisticated, they'll demand higher quality and better testing."

So in an ideal world, with rigorously regulated dispensaries and organic pot at shoppers' disposal, would a healthy person be healthier if she used marijuana? Probably not. Studies show the most support for marijuana's ability to relieve pain and muscle spasms, per a review published in the *Journal of the American Medical Association* in 2015. Evidence of other benefits is unclear. And if weed has protective qualities that might help healthy women, it remains to be seen. It's still illegal for recreational use in nearly every state, of course. In those places where it is legal, it's up to individuals to decide if pot is lifting them up or holding them back.

For Tori C., marijuana became a crutch instead of a cure. After the trauma of her sexual assault, she admits she abused pot for months, getting high several times a day to "be numb." Her best friend set her straight: "She told me to stop smoking all the time and do my homework. I found a therapist, and my grades got better. Smoking so much just put a Band-Aid on what was really bothering me." ■



IF YOU'RE HIGH, YOU SHOULDN'T BE DRIVING," SAYS DR. GRANT. "ONE COULD ARGUE THAT DRUNK DRIVING IS WORSE, BUT THAT DOESN'T MEAN POT IS SAFE."



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LOVE LUST

IT'S
MARINO DEKEL

Destination: Orgasm!

COMPLIMENTARY MARGARITAS, INSTAGRAM-WORTHY SUNSETS, BALMY WEATHER—WHAT COULD POSSIBLY MAKE VACATION BETTER? MIND-BLOWING ORGASMS, *DOY!* WHETHER YOU'RE ON THE BEACH OR JUST VISITING YOUR IN-LAWS, SEX ON-LOCATION IS A SUPER-HOT TICKET TO PARADISE. LET'S GO!

BY ANNA BRESLAW



MILE-HIGH MANUAL

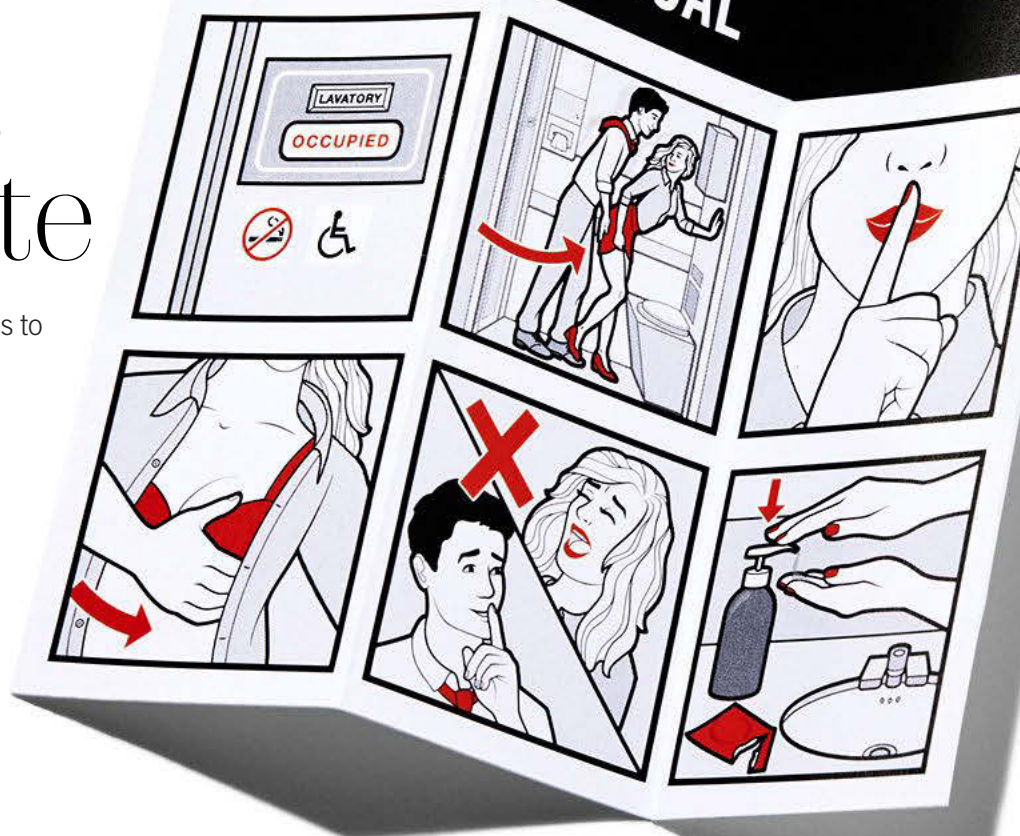
Romps En Route

Why wait until you arrive? There are plenty of steamy ways to get it on while you're on the go.

ON A Plane...

If you're ballsy enough to pull it off—because getting caught can potentially land you in handcuffs—here's how. First rule of the Mile-High Club? Don't let any unmentionables touch the lavatory. Stand and face away from him with your legs together as he enters you from behind. Bend slightly forward, bracing yourself against the wall, for G-spot in-flight delight.

Have him cup your breast with one hand and grip your waist with the other for balance. Or he can glide that hand to your clit to make you feel like you're floating on air. And we don't have to tell you to be quick.



ON A Yacht...

Make a splash by using the bed as a coital diving board. Lie on your back with your legs in the air as he stands at the foot of the bed facing you. Now cross your legs, keeping them straight up, as he thrusts into you. Your muscle clenching makes you feel super tight, and his body's movement with the boat's rocking will have you making your own waves.

ON A Train...

To make the most of your train ride without getting cast out of the car, snuggle up under the free blanket and engage in light over-the-pants stroking. If he's in his travel sweats, it should be easy to find and gently cup his balls. The foreplay will warm you both up for later. All aboard!

IN A Car...

First, pull over and throw out all the food wrappers—not sexy. Now, have him push his seat back as far as it goes and sit with his legs out in front of him. He may be in the drivers' seat, but by straddling him, you get to control the grinding of your pelvises, which practically guarantees a clitoral O. (Note: You are advised to pee at the next rest stop.)

4 MUST-PACK O-CESSORIES

You may have forgotten your contact-lens case (ugh) but not these discreet travel essentials.



1 Naughty Necklace

Want to avoid awkward TSA scans? This limited-edition handcrafted leather necklace doubles as a four-speed external vibrator. *Cool Hunting Edition Vesper*, \$199, lovecrave.com

2 Play It Again

If you're on a trip and bae's at home, let him pleasure you from his iPhone with dual G-spot and clit stimulators. With the WeConnect app, he can even make a custom "playlist." *We-Vibe 4 Plus*, \$179, we-vibe.com

3 Brush Up

Pack your Sonicare toothbrush (totes innocent), and replace the bristle head with this bulb-shaped one that buzzes when you turn it on (not so innocent!). *Erosscia Original*, \$45, erossacia.com

4 Sexy Secret

Turn up the heat during dinner out and slip this vibe into your Cosabellas (it's no bigger than a lipstick case). He controls the vibrations with a remote from across the table. How delicious. *JimmyJane Form 1*, \$159, jimmyjane.com



LOVE LUST

SEX CONFESSION

ON A FAMILY TRIP TO PUERTO RICO, MY SISTER AND I WENT TO A BEACHSIDE BAR WHERE WE STARTED DANCING WITH SOME CUTE GUY TOURISTS. NEAR THE END OF THE NIGHT, I WANDERED TO THE BEACH WITH ONE OF THEM, AND WE DID IT RIGHT THERE IN THE SAND. EVEN THOUGH IT WAS SUPER HOT, I HAD SAND EVERYWHERE FOR TWO WEEKS!"

—ALEX K., 26

LOVE LUST



YOU'VE ARRIVED!

You're unpacked and ready to explore (wink). Now start your vacay in style.



In Your Hotel Room

Want to christen that big, gorgeous hotel bathtub? Contrary to popular belief, water isn't a natural lubricant—it can actually have a drying effect. So take a cue from Beyoncé's "Drunk in Love": Fill up the tub halfway, and make sure that the P-in-the-V occurs above sea level...or use a silicone lubricant (one that's not water soluble).



On the Beach

Wait until night, when there's a deserted stretch of sand for private boning. Use that half-full, warm bottle of water from your day at the beach to clean him off first. Continue to avoid a sandy-crotch situation by staying on top and bouncing like a beach volleyball. Oh, and keep your bikini top on. Just in case.



At the Parents' House

Once he's snuck into your room at midnight, thoroughly evaluate the squeakiness of the twin bed. Can you pull off silent sex without waking the 'rents? If not, take the party to the floor. Double-up your childhood quilt, and use it to make your knees more comfy during doggie.

DENISE CREW/AUGUST. BAG: BEN GOLDSTEIN/STUDIO D; STYLIST: ANNA TOUPITSYNA. BOOKS: STUART TYSON/STUDIO D; STYLIST: SABRINA GRANGE

SEX CONFESSION

I TOOK MY BOYFRIEND TO MEXICO FOR HIS BIRTHDAY, AND WE WENT AT IT IN AN UNDERWATER CAVE. IT WAS PRETTY UNREAL...UNTIL WE WERE INTERRUPTED BY A JAPANESE TOUR GROUP. OOPS!"

—ELIZABETH S., 30



In a Tent

Ah, the great outdoors! Slip into his sleeping bag, and get into a super-tight spoon position—it requires minimal thrusting from him and gives you both happy camper feels, no matter the size of his, um, firewood. Caution: Nylon walls aren't soundproof, so stifle any midnight howling to avoid a late-night visit from your friendly park ranger—or wolves.



In an Airbnb

The bad news? Can't break the bed frame without losing your security deposit. The good news? Sexing in a stranger's home is ripe for role-play. Pretend that you're the couple you're renting from...or you're a landlady returning to find her renter doing very bad things. Go nuts: Just be careful not to break any knickknacks.



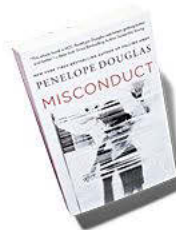
THE LOVE THAT SPLIT THE WORLD

by Emily Henry

A good girl headed for the Ivy League finds star-crossed love with a hot Southern boy when she stumbles into a weird parallel universe.

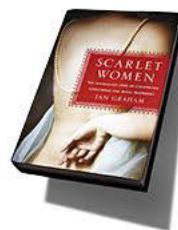
Beach Reads for the Bedroom

For even more steamy escapism, light a candle and read these recent releases aloud to your boo.



MISCONDUCT
by Penelope Douglas

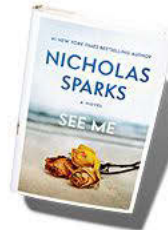
A former tennis pro can't resist temptation when she meets the very rich and very single father of her teen boy protégé. Bottom line: Tennis whites never looked so sexy.



SCARLET WOMEN

by Ian Graham

History is hot in these wild stories about professional mistresses like Cora Pearl, who used to literally serve herself naked on a platter at her epic house parties.



SEE ME

by Nicholas Sparks

You know how Sparks works: An unlikely pair (here, a reformed bad-boy and a successful lawyer) butt heads before falling, hard. Read it before the movie, which, by the way, you're totally seeing too.

Sex Q&A

No-BS responses to questions you can only ask Cosmo



Q/ What's a lesbian position that will blow my girlfriend's mind? Our oral game is getting a little vanilla.

A/ The next time you're going down on her, try tracing out the alphabet (or spell her name!) with your tongue—the variety of movements means she'll be feeling all kinds of new feels that will build up into a massive O. But mouth stuff doesn't have to be the only way to get it on with your girl. "People joke about scissoring, but it has some really good qualities to it because you hit all those nerve endings on the clitoris and vulva," says sex educator Richelle Frabotta. Or if you want to go the penetration route, Frabotta suggests buying a strap-on that's well-made with leather and strong grommets that fits you perfectly. Sometimes just trying something new will make her melt faster than, well, vanilla ice cream.



Q/ I can O only when I'm on bottom, but the guy I'm dating is considerably heavier than me and kind of crushes me when he's on top. What can we try that mimics me being on bottom without him flattening me?

A/ Dad bod can be cute...until you can't breathe. Thankfully, there are lots of ways for you to come out on top while you're on the bottom. When you're lying on your back, have him prop himself up on his elbows so that your tummies aren't touching and he's not cutting off your airflow. (The whole breathing thing is kind of important for orgasming.) If that's not enough room, he can grip the headboard so your bodies are more at a 45 degree angle—that way you won't lose any clit stimulation while he's thrusting. Another option? Prop a pillow under your booty, and wrap your legs around his waist while he kneels and enters you. Now get ready for some hot—and unrestricted—heavy breathing.



Q/ A guy told me there are health benefits to swallowing. Is that just something men made up?

A/ Weirdly, semen is kind of healthful. It contains protein (for shiny hair and strong nails!), zinc, vitamin C, and sugar. But "the amounts of pro-

teins and vitamins that you'd ingest from giving oral sex are negligible," says ob-gyn Amanda Meulenberg, MD. If you're looking to blowies for daily nutrients, you're better off taking a multi-vitamin. And when a guy drops that line again, know that you don't have to, um, swallow it.



Q/ If my boyfriend has a cold, can we still have sex without my getting sick if we don't kiss?

A/ Okay, technically, sperm doesn't transmit the cold virus, so you would be good there. But even if you were down for some kiss-free boning, there's a good chance that he has germs all over his body, which means you'd probably catch them from licking, rubbing, or touching any part of him, says ob-gyn Drai Bruch, DO. So take this time as an opportunity to find romance in other ways. Consider upping your footsie game or making chicken noodle soup—wearing only an apron!—to build anticipation for when he's sniffle-free.



Nothing to see here, we're just emotionally bonding!



Q/ I never want to have sex unless I have a strong emotional bond with someone. But all my friends date casually like it's no big deal—so what's wrong with me?

A/ Um, nothing. "There are basically two kinds of routes to sexual arousal: the sheer lust route and the romantic route," says Anthony Bogaert, PhD, author of *Understanding Asexuality*. If you don't ever get the hots for a cute stranger in front of you in the coffee line or if shirtless Joe Manganiello doesn't make you want to take a cold shower, it could be that you lean toward demisexuality, an offshoot of asexuality. Demisexuals only feel sexual attraction to someone when there's an emotional bond first, and hey, that sounds pretty darn romantic, right? Think about it this way: Taking your time to really know someone before you get it on can make sex—when you're ready to have it—even hotter.



Q/ I'm six months pregnant. Can I still use a bullet vibrator when I masturbate or during sex with my husband? (Please say yes!)

A/ Yes, mother, you may! Using an external vibe on your clitoris is safe throughout your entire pregnancy. But before you get your buzz on, keep this in mind: Internal toys are a no-no because they can irritate the cervix and cause bleeding. (Either kind of toy won't vibrate the baby, just FYI.) Also important: You should skip the bullet completely if you have vaginal bleeding, placenta previa, a shortened cervix, an STI outbreak, or a risk of preterm labor, says Dr. Burch. And in those cases, you should avoid sex completely. Otherwise, you're all-go for those Os.

—JULIE VADNAL



SEX TOY OF THE MONTH

WHAT'S THE BEST SEX TOY...THAT COSTS LESS THAN MY LUNCH?

- The Finger Banger (\$8, adameve.com) is a tiny vibe that's cheaper than a fancy sandwich with chips. Loop it around your (or his) pointer finger and try its hour-long buzz everywhere—on your nipples, your clitoris, at the base of his shaft—for foreplay that feels like a million bucks.

“I Married a Guy, but I’m Still Bi”

THE WHOLE HUSBAND-AND-WIFE
THING MAKES ME LOOK PRETTY HETERO...
SO I'D LIKE TO SET THE RECORD STRAIGHT.

BY LONI VENTI

SCOPE OUT MY Facebook page and you'll see that my husband, Artie, and I recently celebrated our first wedding anniversary. We took a road trip, fed each other cupcakes, and drank champagne straight from the bottle. Keep browsing and you'll see our vintage-inspired NYC wedding, our candlelit engagement, even a snap from the day we first met in person after months of OkCupid courtship. But way down near the start of my Timeline, you'll find me partying with my ex-fiancée's football team after she (yes, *she*) kicked the winning field goal.

She and I dated for about five years. We loved having parties at our apartment in suburban New Jersey, going out for half-priced apps at Applebee's, and having overly dramatic fights in public. She wasn't the only girl I'd been involved with—I've battled for both

teams (on the DL) since high school—but this relationship was the most serious.

There were amazing times, like my 21st birthday, when we literally danced until dawn at an iconic club, or how she inspired me to run (starting with just a few blocks and building up to a five-mile jog). And there were challenging times. A few weeks after we met, I came out to my parents and faced their initial shock and disappointment; we didn't speak for a while. A closed-minded boss at one of my first jobs called me “gross” to other staffers for “dyking out.” I lost a lot of my straight friends who were too uncomfortable to try to understand me. We'd get dirty looks at the mall, the gym, Disney World, pretty much everywhere that wasn't clearly designated as gay-friendly whenever showing a smidge of PDA. Worst of all was being told over and over that it was “just a phase,” how I needed to “meet the right guy,” and more disturbingly, “that a real man could f*ck the gay right out of me.”

My girlfriend's lesbian friends were reluctant about

PHOTOGRAPHED BY AARON RICHTER



NO, MY
HUSBAND DIDN'T
"STRAIGHTEN ME
OUT." THAT'S NOT
EVEN A THING.



DO I STILL HAVE
TO COME OUT?

made me wonder: Do I still deserve to consider gay and bi people my peers when my current life screams “straight girl”? Is it fair to still identify as one of them?

I sought out an expert for some guidance. Lisa Diamond, PhD, a professor of developmental psychology at the University of Utah and author of *Sexual Fluidity: Understanding Women's Love and Desire*, assured me that it's common for married bisexual women to feel the way I do. “Bi people fear that marrying heterosexually is somehow an erasure of their identity. Straight people assume that your gay relationships were a phase. Gays may accuse you of ‘taking the easy way out.’” The fact is, I’ve experienced both highs (being exposed to a proud, rich culture) and lows (feeling judged and degraded) as a member of the LGBTQ community. My membership doesn’t go away just because I married a man.

Diamond encouraged me to help others understand that my orientation is more layered than my marriage reveals. So I started conversations with important people in my life. I told my parents that even though I plan to live happily ever after with Artie, my bisexuality will always be a part of me. (For the record, they are now very supportive and told me if anyone has a problem with it, “screw them.”) I told Artie that I’m so proud of being his wife, but I’m also proud of all the steps in my life that led me to him.

A few weeks later, when I teared up watching Abby Wambach run to kiss her wife after winning the Women’s World Cup, he wrapped an arm around me and kissed my forehead. He gets it—and given what has happened this past year, I have faith that one day, the whole world will too. ■

accepting a bi girl into their crew. They worried that I was flaky or confused or I’d run off with the first hot guy who showed me attention. To be honest, I couldn’t blame them, because that’s how society labels bisexual women. But I’m not trying to “double my odds.” I’m not wishy-washy or on the fence. I’m just someone who has been attracted to both men and women—and no, not at the same time. If I’m with a person, I’m just with them. End. Of. Story.

Anyway, my ex and I ended up parting ways. Not because she didn’t have a penis, but because we wanted different things from life. She was all about buying a house in the ‘burbs while I was always more of a city girl. About a year later, I met Artie. We listened to live music, drank too many martinis, and dreamed about moving to Brooklyn and writing screenplays.

About two months in, I felt comfortable enough to have the bi convo. Over an iced-coffee date, he told me he already knew. He had pieced it together from my stories (and non-gender-specific pronouns) and was waiting for me to bring it up when I was ready. He was respectful and unthreatened, and from then on, it was pretty much a nonissue. Being around him made me feel relaxed and excited all at once. I fell hard, and we moved in together (in Brooklyn!) six months later. (No screenplay...yet.)

As Artie and I got more serious, the remnants of my gay-ish life drifted farther down my Timeline. Today, I

seem like any straight, married 30-year-old on the surface. But inside, I still feel that being bi is as much a part of who I am as it was 10 years ago—when I partied at a ladies-only bash in Asbury Park in a rainbow tube top.

When the Supreme Court announced that same-sex marriage was legal in all 50 states, I thought I would explode with happiness. There was a time when I thought I wouldn’t be able to marry legally, so not only was I proud of my country, I also felt a personal connection to the moment. But I questioned whether I had the right to celebrate openly with anything more than a few rainbow-colored Instagram posts. Walking home from work after #LoveWins day, I almost stopped into a lesbian bar to exchange a few celebratory words, but I chickened out and quelled my emotions by buying dresses at a vintage shop instead. It

RELATIONSHIP RESOLUTIONS TO DUMP

(and keep)

This year, you're vowing to be a better daughter, sister, girlfriend, staffer... The good news is, it's easier than you think to get there.

BY JASON GAY

EVERY YEAR, I MAKE

three solemn New Year's vows: I'm going to declare war on my burrito addiction, I'm going to do at least eight crunches a week, and I'm going to get better at my relationships. With my wife, my boss, my mom, my cat, my best friends. I can

do better with everyone. I promise. I'll go to your birthday party, the one at that tiny restaurant that's noisier than a rodeo. I'll like your new pants on Instagram, even if I'm not so into your new pants. I'll return your e-mails. I'll use my phone as a phone. (I have friends I text 28 times a day who I haven't spoken to in a year. I'm completely the worst.) It's not just

me—all of us can do better at relationships. And I believe it's the modest accomplishments that can help get us there.

DUMP THE GRAND- GESTURE PRESSURE

"Dazzle her." I heard this early on in my dating years, and I thought it meant that every date

had to be like Richard Gere in *Pretty Woman*—snapping at Julia Roberts' fingers with a jewel box, taking the limo to the airport, then whooshing off in a private jet to the opera. All I had was \$20 and a Toyota that was unsafe to drive. Who was I going to dazzle? I wasn't taking anyone to Paris for the weekend. The best I could do was Applebee's and a movie. And she'd have to pay for the movie.

As I've gotten older, I've realized that the most successful relationships don't have the pressure to dazzle. They don't have to rock continuously like Super Bowl Sundays, and they don't need to bankrupt you either. Good relationships thrive on compatibility and comfort. Just like the title of my book says, a relationship isn't about the big moments but the little victories (shameless plug!). Things like mutual respect, shared appreciations, the unexpected gesture, flirty romance. Showing love doesn't require a private jet. If nothing else, just make the bed, you savage.

KEEP REMEMBERING WHAT YOUR EARS ARE FOR

I know it sounds corny, like I'm sitting on the couch in a corduroy suit talking to Dr. Phil, but listening is the magic dust of any enduring relationship. And listening is so easy. You just have to sit there! Listen to that story about the hellish colleague at work. Listen to the account of that bad phone call with Mom, the one where it was obvious that Mom was playing solitaire on her laptop. Listen to the story about the dream, the one where he was back at college and his ex-girlfriend was now an art history professor, and somehow Jason Bateman was his roommate, except Jason Bateman was bald.... Okay, you don't have to listen to that entire dream, because it makes no sense. But if you can make it halfway, your relationship will be golden. If you're lucky, he'll even listen to your crappy dreams.

MAINTAIN YOUR DIGNITY

No sex on a futon after age 25.

Jason Gay is a columnist for *The Wall Street Journal* and author of *Little Victories*.



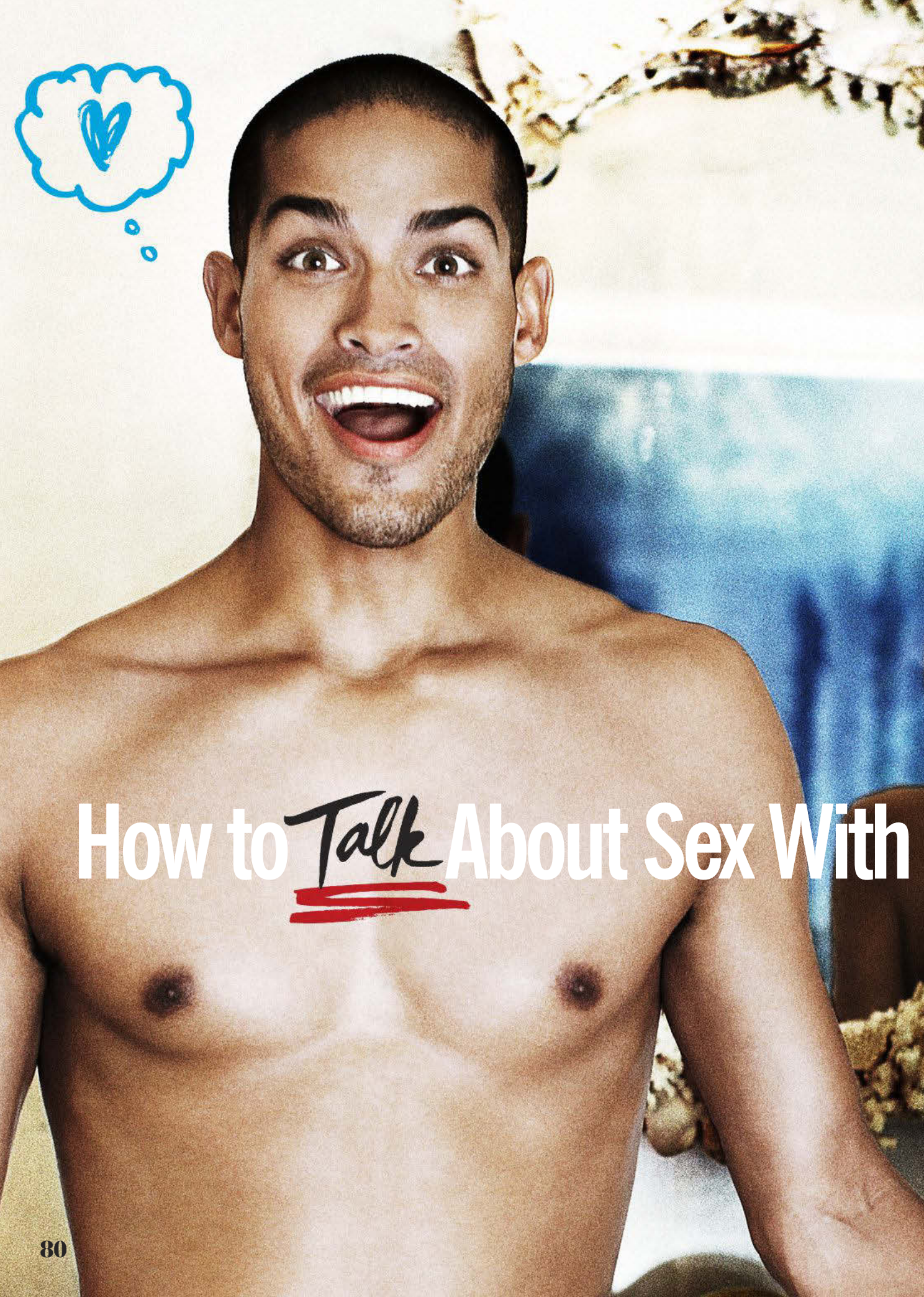
DON'T LET YOUR
MOST IMPORTANT
BONDS MELT
DOWN THIS YEAR.

Dermatologist
Recommended
for Scars and
Stretch Marks.

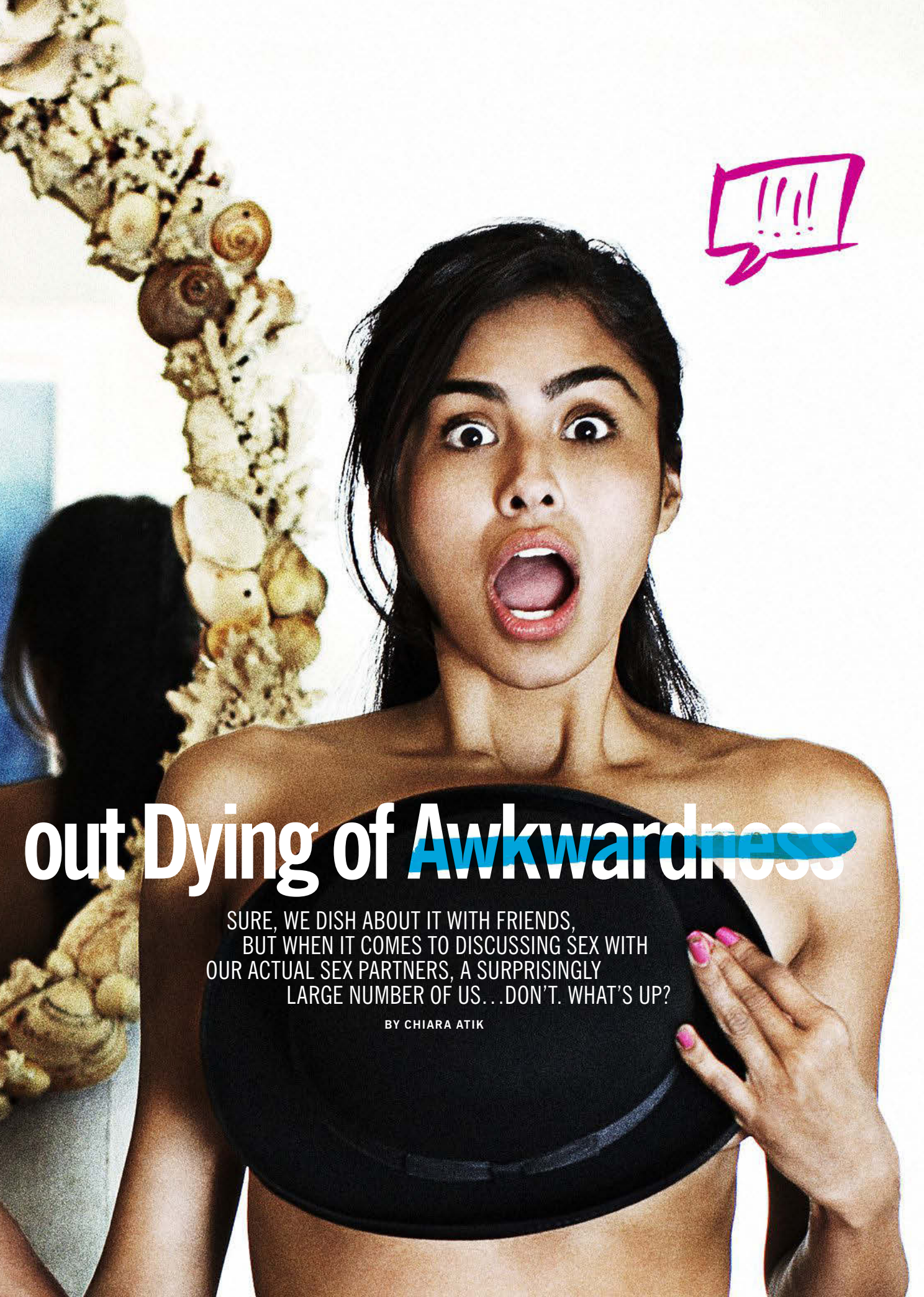
GfK, 2014



"I struggled with acne for many years. Finally it has passed, but now I have acne scars. I saw an ad in a magazine about Bio-Oil and how a woman tried it on her face. I went to the drug store and got the small Bio-Oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! I have honestly tried anything and everything for my acne scars and who knew this might be the answer. Thank you so much, I feel so much more confident than I have ever been before." Brenna Denexter



How to Talk About Sex With



out Dying of ~~Awkwardness~~

SURE, WE DISH ABOUT IT WITH FRIENDS,
BUT WHEN IT COMES TO DISCUSSING SEX WITH
OUR ACTUAL SEX PARTNERS, A SURPRISINGLY
LARGE NUMBER OF US...DON'T. WHAT'S UP?

BY CHIARA ATIK

HOW DO YOU MAKE SEX TALK ACTUALLY SEXY? (and yes, it can be!)

THE FIRST TIME AMELIA, 30, a playwright from Brooklyn, had an orgasm with a boyfriend, it was by accident. "It just happened. I hadn't told him what to do," she says. Until then, Amelia, like many women in the early stages of their sexual history, didn't care about her satisfaction enough to risk the awkwardness of talking about sex with her partner. But the orgasm changed everything: She'd had it, she liked it, and now she wanted to replicate it.

"I would get crazy enthusiastic when I got close," she recalls. "Yes! Keep doing that!" But rather than give him direction, Amelia would wait for him to start doing...whatever he decided and hope she'd climax again. Because for Amelia, and women everywhere, talking about sex, even with a trusted sexual partner, is tough.

We watch movies about sex, listen to musicians sing about it, and gossip with our friends about it over brunch—we're a nation obsessed. And yet there's one place where we're surprisingly silent on the issue: the bedroom.

Most of us know communicating about sex is key to sexual satisfaction. It's a feedback loop: You tell your partner what you like, he or she does that, and you have sex you like. But shockingly, the average adult knows only 26 percent of their partner's sexual dislikes, and we aren't much more informed about what they do like, according to research by Sandra Byers, PhD, a psychology professor at the University of New Brunswick.

"There's a very prevalent myth that if our partners love us or understand us, they should be able to read our minds and know exactly what we like in bed,"

TRY THIS LINE

"I want to be your best ever, and I'm gonna need to study up. So tell me: What gets you going?"

TURN IT INTO A GAME OF YES/NO/MAYBE

Lying in bed (it's easier in the dark!), take turns thinking of sexual likes or scenarios (threesomes? 69ing? sex in public?) and having the other answer whether it's a yes/no/maybe for them. It's a game that's actually fun, plus it's a low-key way to cover a lot of ground.

EVERY TIME YOU GUYS HAVE SEX,

do a quick post-coital post-mortem by sharing your favorite part of what you just did. ("When you cupped my ass!" "When we were moving in sync right toward the end!") Skip any critiquing at this point, because people tend to be pretty sensitive after they've just been so intimate. But highlighting the good stuff is always appreciated. Positive reinforcement means he's way more likely to repeat the action. (And maybe go for a round two!)



explains Byers. The truth is, just because they figure it out once, doesn't mean they have your O on lock. "Even if your partner understands you well, they still can't know what you want at this moment. The only person who knows that is you." And the only way for your partner to know what you want is for you to—yep—say it. And yet, whether it's the love of your life or guy of the moment, telling someone they rock your world but could they please try more of X and not Y and maybe softer/a little higher/with less saliva can be awkward AF, especially when a fragile ego is involved.

But the benefits so outweigh the costs. Take Charly, 29, a writer and graduate student from New York. Her first relationship was in college, and the sex was just okay, although she never spoke up. "I was scared," she remembers. So she resigned herself to a routine that was totally *meh* and put up with it for years. By the time Charly graduated (and broke up with that BF),

she was ready to take a less passive approach to her sex life. So with her next boyfriend, she psyched herself up to talk about it. "I was scared the first time I broached the topic," she says. "But the more we talked about it together, the easier it became. I realized that by telling him my preferences, I had the power to make sex more enjoyable for me." And Charly's new boyfriend was more than up for a little tutoring. "Making it good for me turns him on! That blew my mind."

Communicating your sexual likes and dislikes is just as important if you're single with casual partners. Eventually, Amelia, of the elusive orgasm, got fed up with her lackluster sex life. Step one was learning how to get herself off. Step two was relaying that knowledge to her partners. "Now I can confidently say, 'This works, this doesn't work all the time, and this doesn't work at all.'" That long-awaited orgasm? Achieved (and not just with one guy).

Of course, there's a chance the



So...

WHEN SHOULD YOU BRING UP SEX WITH A PARTNER?

IF YOU'RE DATING SOMEONE NEW (whether it's casual sex or with long-term prospects), a good time to start talking about sex is, oh, probably around the first time you have it...and then the next time...and then the time after that. It doesn't have to be a big discussion, but filling each other in on what you are and aren't into sets you up for a satisfying sex life in which it's not a big deal to bring up an issue down the line.

IF YOU'RE IN A RELATIONSHIP, it can seem a bit more stressful, since you don't want your partner to think they've been getting it wrong this whole time. Ease into the convo: Start by talking about talking about sex first. "For example, say, 'We don't talk too much about what we love and don't love—and I'd like for us to try to do more of that. What do you think?'" Byers suggests. You don't have to sit down at the kitchen table for a sexual State of the Union, but start gradually bringing it up. Begin by giving positive feedback on something your partner does that you like. Then talk about other stuff you'd like more of. Remember, it's a flirty, ongoing discussion, not a critique!

EITHER WAY, keep talking about it. Don't think about this as a summit meeting that you have with your partner once, cross off the list, and never discuss again. Instead, think of this as starting an open dialogue. It's important to be able to express your likes and desires frequently, because what you're into one day might not be what you're into next week or next year. "It's no different from if you're walking and you tell your person you'd rather take a different route this time," says Byers. "It doesn't have to be a big deal."

convo may not go as you'd hoped. Take Ann, 25, a copywriter in New York City, who once suggested to her then-BF that they watch porn because it turned her on. He replied with a critical "Um, why? Don't I get you excited?" Intimidated by his hostile tone, Ann ended the conversation. It's annoying when talking about sex doesn't go as planned—or when your partner doesn't want to go there—but if a guy can't handle talking about a relationship matter as important as sex, he's probably not great at communicating about other crucial things. "For me, honesty is huge, and so is

being receptive when your partner is vulnerable enough to ask for something like this," Ann says. "That's one of the reasons he became an ex."

Margo, 29, from San Diego, says the sex convos she has with her boyfriend are an integral part of what makes their relationship work. "Once we talked openly, it came out that both of us wished we were having more—and wilder—sex," she says. "Now it's a relief to feel I can ask for what I want and say what's on my mind." ■

Chiara Atik wrote the critically acclaimed play *Five Times in One Night*.

WHAT REALLY WORKS... AND WHAT DOESN'T?

WORKS: Telling him, "Touch me right here."

DOESN'T WORK: Frantically moaning louder when he's at your sweet spot and hoping he'll pick up on your volume switch-up.

WORKS: Saying, "I want you to spank me, hard."

DOESN'T WORK: Leaving dog-eared copies of *Fifty Shades* around and thinking he'll get the hint.

WORKS: "How would you feel about some role-play?"

DOESN'T WORK: Start talking in a British accent and wait for him to do his best naughty Prince Harry Impression.

WORKS: Confessing, "You know, oral's never really done much for me."

DOESN'T WORK: Staring uncomfortably at the ceiling for the next five years while he develops lockjaw.

YOUR GUIDE TO THE MALE BRAIN

man•popo

THE HUSTLE

FOUR SUBTLE WAYS TO MAKE A MOVE ON A GUY

Girls shouldn't make the first move? Screw that! Dating expert **Matthew Hussey** shows you how to do it...and still make any man think it's part of his master plan.



Look Twice

A guy won't get the hint from you vaguely tilting your head in his general direction.

He needs eye contact. Like, more than once—more than twice, even. That way, he knows it's safe to come over. Guys don't approach women who look like they are going to say "Sorry, no." But we live for the maybe.



Use These 7 Magic Words

Walk up to any guy and say, "Could I get your opinion on something?" It makes us feel important. Follow up with: "My friends and I are looking for a cool place to go. What's great around here?" When you end up bantering over nearby bars, he won't even realize you made a move in the first place.



State the Obvious

Let's say it's a cold day and you are standing next to an attractive guy. Just say, "It's so cold!" It's obvious, but it works because his brain tells him: *Oh, cool, I'm allowed to talk to her!* Standing at the bar when a new song starts? Lock eyes briefly and say, "I love this song!" It gives him a green light, and he'll be grateful for it.



Make a Spontaneous Compliment

Is his shoe game on point? Is he reading a book you couldn't put down? Tell him! Guys aren't used to out-of-the-blue compliments. Rather than saying "You're cute," try "I love that book. You have great taste."

Now he's intrigued, but he still has to dig to see if you find him hot. Conversation, started.

WANT MORE FROM MATTHEW? GET HIS FREE GUIDE FOR COSMO READERS, "9 MAGIC TEXTS NO GUY CAN RESIST," AT 9TEXTS.COM/COSMO.



logy

GAME BOYS

THE PLAYER'S GUIDE TO SPOTTING A PLAYER...AND BEATING HIM AT HIS OWN GAME

New York Giants running back—and nice guy—**Rashad Jennings** wants you to avoid these offensive daters. BY DIANDRA BARNWELL

His Lines Are Generic
Players live and die by the pickup line, whether it's a come-on at the club or a generic first message on Tinder. If his line could be used on anyone, that's a red flag.

He Loves His "Place"
These dudes take each girl to the same spot—it's zero effort, and he trusts the staff to keep secrets. If he suggests the same sports bar for every date, be suspicious.

He Hates Labels
Players would rather be benched than seal the deal with a title. They see DTR talks as forced responsibility, and the only ring he's into comes with a championship.



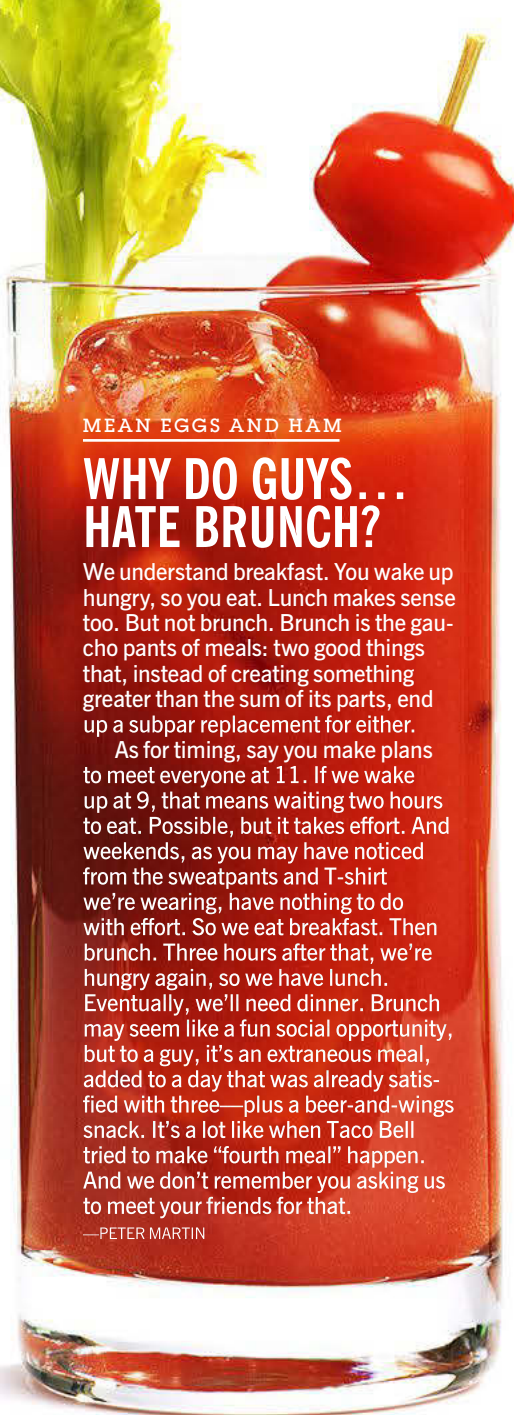
MEAN EGGS AND HAM

WHY DO GUYS... HATE BRUNCH?

We understand breakfast. You wake up hungry, so you eat. Lunch makes sense too. But not brunch. Brunch is the gaucho pants of meals: two good things that, instead of creating something greater than the sum of its parts, end up a subpar replacement for either.

As for timing, say you make plans to meet everyone at 11. If we wake up at 9, that means waiting two hours to eat. Possible, but it takes effort. And weekends, as you may have noticed from the sweatpants and T-shirt we're wearing, have nothing to do with effort. So we eat breakfast. Then brunch. Three hours after that, we're hungry again, so we have lunch. Eventually, we'll need dinner. Brunch may seem like a fun social opportunity, but to a guy, it's an extraneous meal, added to a day that was already satisfied with three—plus a beer-and-wings snack. It's a lot like when Taco Bell tried to make "fourth meal" happen. And we don't remember you asking us to meet your friends for that.

—PETER MARTIN



SOURCE: 2015 OXICLEAN/EDELMAN BERLAND SURVEY

fifty-nine

HEADS UP

WHAT HE REALLY THINKS ABOUT YOUR HAIR

Topknot, what? It's a good thing we don't do our hair for guys. One man decodes your do.

BY MATTHEW KASSEL



RIHANNA

The Topknot
Are you into karate? Try not to be confused when we ask what color belt you are...or if we get you nunchucks for your birthday.



KENDALL JENNER

A Ponytail
When your hair is up, we marvel at your facility with what we think is a scrunchie. Don't girls still use those?



RUBY ROSE

The Pixie Cut
Reminds us of Peter Pan—not Mia Farrow, as you may have hoped. We still think you're cute though. (Not that Ruby cares.)



CHRISSY TEIGEN

Tousled Waves
Tousled will never enter our lexicon. We assume you've just gotten out of bed, and that's kind of hot.



BELLA THORNE

Milkmaid Braids
We'd consider a summer trip to Bavaria just so we can see you in a dirndl...and to eat pretzels.



NICKI MINAJ

Bangs
The physics of bangs have mystified even the most mathematical of us, which is why we just simply admire them.

ask him any- thing

LOVE
ADVICE FROM
OUR GUY
GURU, LOGAN
HILL

Q _____

A If it's needy to need sex, then we're all needy! Tell him that you're proud of his hard work, but you need him hard after work too. Sometimes guys do get tired, but as long as he's not exhausting himself with someone else, beat this impasse by proposing solutions. Maybe you can squeeze it in before work, meet up for a quickie at lunch, or agree that even if he's bushed, your bush will get his attention one additional night per week on top of whatever your sex frequency is now (just one more night feels doable, not stressful).



CLOCKWISE FROM LEFT: TONY KELLY/TRUNK ARCHIVE; IAN MADDUX; JAKE CHESSUM; GETTY IMAGES.

A woman is crouching next to a snake plant (Sansevieria) against a plain white background. She is wearing a blue and white patterned jacket with a black cuff, black high-heeled shoes, and a black choker. Her right hand is resting on the leaves of the snake plant. The text "GO AHEAD AND POUNCE. (MAYBE JUST WARN HIM FIRST.)" is overlaid on the image in a bold, black, sans-serif font.

Q

Q/ I never know what to say after sex is over during a one-night stand. Tell me there's a one-size-fits-all phrase I can try!

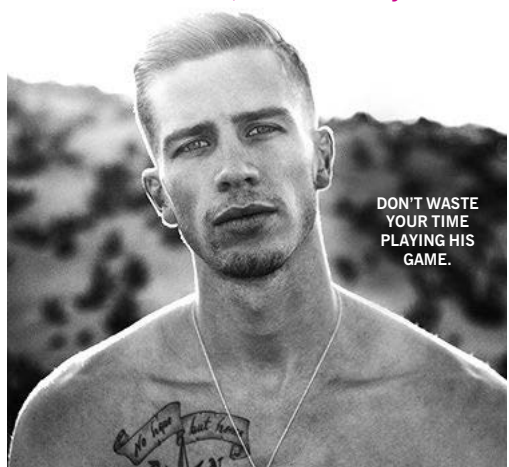
A You two just scored, so I'm not kidding when I say a celebratory high five would not be completely insane here. After all, if orgasms were involved, there are few better things to celebrate. But if that idea makes you wince, try "Well, that was fun!" Or "Damn, boy (or girl)!" Either way, simple is sexy.

Q/ I'm heading home from college for the holidays, and I grew up in a small town so I'm guaranteed to run into my high school ex. What can I say when it happens? I'm terrified of its being awkward.

A Oh, it's gonna be awkward. But you don't have to make a reality-TV episode out of it. If you don't want to catch up, treat him like an old song that pops up on Spotify: Just skip over him by saying a quick "hi" and cruising along. If a convo is a must, ask about what you genuinely want to know (How's his sister/ BFF/whomever in his life you liked hanging with). And if he digs up some difficult history, remember that you don't have to engage. Deflect him with a graceful "Well, I'm sure we've both changed a lot since then. Good to see you!" Keepin' it classy.

Q

A Flies fly. Bees be. Players play. And the Lakers aren't L.A.'s only players. These guys don't wait to settle down because *you* did something wrong. That hookup life is just where they're at. So be clear. Say: "If you want something casual, that's cool, but I need a guy to commit to just me." When that's the *only* way to be with you, he'll be more willing to get onboard. If he won't, cut him from your roster.



Q/ I'm still a virgin. How much will that freak a guy out? I don't have a great sense of whether that's a pro or a con to most dudes.

A Most guys lose their virginity at about the same age as women do, so most dudes won't freak out. (FWIW, the CDC found that 15 percent of all American women ages 20 to 24 had never had vaginal intercourse, compared with 18 percent of American men ages 20 to 24.) But every dude is different: A devout dude might be impressed. A jackass might be turned on by

deflowering a virgin. A decent guy might just be a little more sensitive. And another virgin might be just as nervous as you are. But the way a guy reacts will tell you a lot about him—quickly.



Hill is a contributing writer for *Cosmopolitan* and Cosmopolitan.com.

A close-up portrait of Miranda Lambert. She has long, wavy blonde hair and is looking directly at the camera with a slight smile. She is wearing a red spaghetti-strap top with lace detailing. Her accessories include a large, ornate ring on her left hand, a multi-strand necklace with silver beads, and a small cross pendant. The background is plain white.

MIRANDA MOVES ON

by Katie L. Connor

fashion editor:
James Worthington DeMolet



DRESS, Noam Hanoch. **SHOES**,
Giuseppe Zanotti Design.
NECKLACE, Rosa de la Cruz
London. **BRACELETS**, Arme de
L'Amour. **RINGS** (right hand),
Lizzie Mandler Fine Jewelry;
(left hand) Jennifer Fisher

photographed by Tesh

READY TO
PUT 2015 TO
BED AND
GET HER NEW
YEAR'S
PARTY ON,
COUNTRY'S
FAVORITE
FIRECRACKER,
MIRANDA
LAMBERT,
OPENS UP
ABOUT HER
DIVORCE,
WEIGHT
LOSS, AND
WHY YOU
SHOULDN'T
TAKE ANY
SH*T—EVER.

"I'VE ONLY BEEN HERE, LIKE, ONCE"

or twice, and I was *drunk*," Miranda Lambert says as we're shown to our private table at Nashville's Pinewood Social. The restaurant/bowling alley/lounge is among Music City's prime spots for after-parties—which explains Miranda's state during past visits.

Today, a rainy afternoon in early October, she's stone-cold sober, albeit a bit raspy: "My voice is hoarse 'cause I was yelling over loud music last night." She spent the evening prior at Blue Bar in midtown, where "there's always live music." Of her outfit—a cream Rachel Zoe blouse and American Eagle jeans—the 32-year-old says, "I just got some new clothes because all I had were my farm clothes and stage clothes." That farm would presumably be the one in Oklahoma that she shared with her now ex-husband, Blake Shelton. The two were married for four years. In other words, it's more than just an outfit: It's part of a new start for a newly single woman.

The couple's split in July shocked the country-music world. It took only two weeks for the divorce—reportedly filed by Blake's lawyer—to be finalized. Come November, it is confirmed that Blake's dating fellow *Voice* judge Gwen Stefani. The timing of *that* news—mere hours before the Country Music Association Awards, where Miranda and Blake, both nominees, were set to perform—couldn't have been more ouch inducing. But not only would Miranda take the stage to slay a particularly moving performance of "Bathroom Sink," she'd also win Female Vocalist of the Year. Blake would go home empty-handed.

"Man, I needed a bright spot this year," she confessed during her acceptance speech, giving fans—who'd mainly heard from a rather cavalier Blake thus far—a smidge of insight into her true feelings. She tells me she quit social media for two months over the summer, deleting Facebook, Instagram, and Twitter from her phone. "I didn't need to be on it with everything going on in my life," she says. When she emerged, she was quick to trade friendly tweets with her ex. Fans just as quickly gave the former Jay Z and Beyoncé of country the side-eye. The skepticism may not have been misplaced. Over a couple of glasses of sparkling wine, the feisty "Gunpowder and Lead" singer admits that 2015 has been kind of shitty.

But a broken woman she is not. In October, Miranda wrapped her triumphant all-female tour *Roadside Bars and Pink Guitars* and joined Taylor Swift as a special guest on her 1989 juggernaut. The two fittingly sang Miranda's eff-off anthem "Little Red Wagon." Now, she's fired up and ready to record a new album. "Obviously, it's going to be sad, *some* of it," she says of what we can expect, "but that's good. I'm writing a *ton*. My goal is to have a single in the spring."

On our way out, she's eager to point out a little something she picked up on a recent trip to NYC for her friend's "first Tiffany's" experience. (Maiden voyages to the iconic jeweler are a tradition she shares with those in her inner circle.) "I figured I needed something new for my left hand," she says, displaying a chunky gold ring paved in black gemstones. It just so happens to be on her middle finger. Here, Miranda gets the last word...and laugh.





DRESS, Parker Black.
EARRINGS, NECKLACE,
Rosa de la Cruz
London. **BRACELET,**
Jennifer Fisher.
RING, Maria Black
Jewellery. **HAIR:** Chris
McMillan for Living
Proof at Solo Artists.
MAKEUP: Christian
McCulloch for Dolce
& Gabbana Beauty.
MANICURE: Nikki
Spalaris. **PRODUCTION:**
First Shot Productions

COSMO: You're known for being a spitfire. Would you say that's true to who you are?

MTRANDA: "I just am straight-up who I am. I don't have a filter. I can't be fake at all. My dad's sometimes like, 'I wish I'd had a Southern belle for a wife and a daughter,' but he didn't get it. He got real women. We will offer you a sweet tea and hug and love you to death, but we will not put up with your shit. That was bred in me from my grandma to my mama."

As it should be. You're still close with them?

"My mom and I go on girls' trips together. We have Airstreams and go on girls' camping trips—*glamping*. But my mom doesn't do all of her [Airstream] hookups. She doesn't like to do the sewage. She gags. So I have to do all of hers. They're vintage, there's no button. You have to do it all manually."

You're kidding.

"Nope! I do it myself. My Airstream Wanda is named after my grandma—Wanda the Wanderer. My Nonny is amazing. She just called. We can call her before we leave."

Is there any topic off-limits? Like, say, sex?

"I grew up on a farm. We raised *rabbits*. I was like, What's going on there? Why's it so fast? They never minced words. My Nonny cussed and drank. My parents were private investigators, so our whole

dinner conversations were about sex and people cheating.”

Was it weird to you how much people flipped over your weight loss last year?

“Yep. It made me disappointed in people. I shouldn’t have been surprised, but I was like, I have the same music, and you’re only talking about me now because I lost weight. I lost 20 pounds and got a lot more offers for things. But it made me sad because it shouldn’t matter if I lost 100 pounds or 1. I did it for me. I didn’t do it for any other reason. I was turning 30 and was like, well, this is gonna suck from here on out if it’s this hard now.”

Had your weight always been an issue?

“I struggled all through my 20s. Hormones, you change birth control, you go out and party, you stop partying, then you work more, then you fall in love and get fat and happy, then you fall out of love. All the things you do in your 20s has to do with your weight and emotions. I wanted to, hopefully, in my 30s steady it out.”

Your “before” pictures are what most people hope to look like in their “after” shots....

“I was normal! I almost always wore a size 8. But everybody acted like I was morbidly obese. You go to Nordstrom and you look for an 8, and they’re gone. Guess why. Because everybody’s a size 8.”

BEAUTY TIP

Want a sexy glow like Miranda’s? Try St. Tropez One Night Only Instant Tan, \$16—the bronzing formula gives skin an instant sun-kissed look.

If they’re lucky.

“Right. Last weekend, a girl came up to me and goes, ‘I threw my scale away because of you.’ I was like, ‘Thank you!’”

The scale is the worst.

“I don’t have one. You know how I know I need to lose weight? My freakin’ jeans. When I have a muffin top, a little extra hanging over—well, that *always* happens, *some* muffin top—but when it’s real bad, I ease up on the chips. ‘Cause I’m not gonna stop drinking. But I know what I feel. And when I’m onstage and I think about how I look more than what I’m doing, that’s when I know I need to do something. Otherwise, I live big and happy. I go out with friends all the time. I love to drink and eat

“I’M SURE I HAVE

DRESS, House of CB London. BRACELETS (right hand), Arme de L’Amour; (left hand) W. Britt. RINGS, Jennifer Fisher. See page 154 for shopping information.

and enjoy things. It's important to me. I want to be healthy and fit, but it shouldn't be that big of a damn deal."

You were the only woman up for the Entertainer of the Year at the CMAs. Why do you think that is?

"I don't really know. I just love what I do so much. I love songwriting and the road and the family of country music. I love being a female in country music and lifting up other females of country. I'm more in it right now than I ever have been. Going through a hard time pushed me into art more than ever."

Since the divorce, do you have the fear of, Well, shit, was that my one shot at happily ever after?

"I think I'm always going to feel that way about everything. I'm constantly having this push-pull with myself. Like, will I ever make another record like *Platinum*? Or it's, I can't wait for my next

bunch. I'm sure I have a hundred more heartbreaks ahead of me. We all do. But I'm a songwriter, so I'm okay with it. My favorite records are not because people lived fully happy lives. There are pockets of sadness."

You can use it as fuel.

"I'm not gonna be one of these artists who wallows in my misery so I can be artistic. That's not me at all. You can sit here and look at me and go, She's happy as shit! I just want to live a life full of everything. Some of that might mean nights on my porch crying, drinking whiskey, and going, Man, this sucks right now. I don't necessarily want to *know* that I have really bad, long, lonely nights ahead of me, but I have had some, and I still have a bunch ahead of me. But it's about living in the moment and feeling every tinge of pain, then waking up the next day and going, All right, I'm going to ride my ponies. I'm

And dating?

"I'm not even in that mind space yet, but I'm not worried about it. I had a great relationship and an amazing man. So I know what good is. I have a great launching pad for the future. I will never take that for granted. I worked so hard in my 20s. I settled down. I got married. I lived that life. I moved to a farm in Oklahoma and had this strong career and home, and then all that shifted. Now I feel like I'm just getting started in my career. I have too much to say right now, which is a good place. When you feel that way, you have to use it. I'm just scratching the surface of where I can go."

You once said that divorce wasn't an option....

"You go into things and give it everything you have. I was taught that, and I did that. And I will do that with everything in my life. I've made those proclamations

for four, were very quickly divorced, and are friends. I'm still processing everything and figuring out where to go and what happened. [Marriage is] a tough business, and we gave it our best college try. I met him at 21—I am now almost 32. You change as people. If I'm not a different person than I was at 21, then something's wrong with me. I do have a completely different outlook on marriage and what it should be about. If I ever were to get married again—which is completely not on my radar at all right now—I feel like it's not about it being a step in life. It's not about a piece of paper or a diamond. It's the way you feel about somebody and the commitment in your heart."

Did you feel like you were letting down your fans?

"Oh, of course. But I'm a very normal, down-to-earth person. Both of us are. [Blake] is as

honest. This is what it is now, and we're moving forward. We don't need all the opinions. We just need y'all to be supportive, and nobody pick a side because there ain't a side."

What are some of the crazier gifts you've gotten from fans?

"I have this one guy who's been a fan for a long time. It sounds weird, but he sends me pistols for Christmas, which is awesome. What other person can say my fans send me pistols for Christmas? It's pretty badass."

How many do you have now?

"I don't even know. My dad keeps a good count. I'm a cop's daughter. People have their views on guns. I don't have a stance on anything except what I was taught from day one: gun safety. That's all that matters to me. I've got pistols tattooed on my arm. I'm not all about gun rights and all this stuff. But I live by myself now, so yeah, I have a pistol, are you crazy?"

A HUNDRED HEARTBREAKS AHEAD OF ME. WE ALL DO."

record! Or, will I ever fall in love again like that? Or it's, I can't wait for my next love-life adventure. But I don't live in fear, because living in fear is the most stifling, *awful* feeling in the world."

Have you gone through the stages of grief?

"I think I'm still gonna go through all those a

going to have a girls' night. That's where I am. That's where I'm gonna live. I know I have great girlfriends and family and that there are awesome times and adventures ahead. I'm excited about those."

like 'Divorce is not an option!' You just say things and you hope that you're right, but it's fine if you're not."

Have your views on marriage changed?

"We were together for 10 years, married

country as a biscuit. You look at his Twitter, and what you see is what you get. I'm the same way. So it's like, Surprise! We're real, remember? We are real people with real lives and real shit. We're both very

Got any plans for New Year's Eve?

"I'm trying to figure out what to do. 2015 kind of sucked, so I'm celebrating. Maybe in the woods, away from the crazies, where I can't get arrested!" ■



ON PRITIKA (LEFT):
SWIM TOP, **Dion Lee**
[Water]. SKIRT,
Dion Lee. SHOES,
Stuart Weitzman.
ON MELIE (RIGHT):
SWIMSUIT, **Gottex**.
SHORTS, **Mugler**.
SHOES, **Birkenstock**.
BRACELET, **The Ropes**

NEXT PAGE:
CROPPED SWEATER, **Baja**
East. SWIM BOTTOM,
Nautica. EARRINGS
(worn throughout),
Catbird. RINGS
(worn throughout),
Pandora Jewelry

SURFER GIRL

WINTER WARM-UP

YOU THOUGHT
THERE WAS ONLY
ONE KIND OF
SWEATER
WEATHER. KNIT
CROP TOPS,
PENCIL SKIRTS,
AND DRESSES
MEET BATHING
SUITS AND
SHORTS FOR
A LOOK THAT'S
MORE PIÑA
COLADA
THAN PSL.

PHOTOGRAPHED BY
TOM SCHIRMACHER

FASHION DIRECTOR:
AYA KANAI





PREVIOUS PAGE:
ON MELIE (LEFT): DRESS,
SUNGLASSES, **Dior**.
SHOES, **Paul Andrew**.
ON PRITIKA (RIGHT):
PULLOVER, TANK,
Thakoon. SHOES, **No.**
6. BAG, **Tod's**.
SUNGLASSES, **Marc**
Jacobs

THIS PAGE: TOP, SKIRT,
Peter Pilotto



BEAUTY TIP

Gorgeous, glow-y skin has never been easier with new YSL Le Teint Touche Eclat Foundation, \$58 (out this month!). Golden pigments make your complexion look perfectly lit.



PREVIOUS PAGE:
TOP, T-SHIRT, *Calvin
Klein Collection*.
PIN, *Ben-Amun by
Isaac Mizrahi*

THIS PAGE: COAT,
BODYSUIT, *Chanel*



BEAUTY TIP

Want hair on sleek?
Work L'Oréal Paris
Extraordinary Oil
Lustrous Oil Serum,
\$7, through strands
to minimize frizz and
maximize shine.

PREVIOUS PAGE: JACKET,
SKIRT, **Fendi**. BANDEAU,
SHOES, **Tory Burch**.
BRACELET, **R.J. Graziano**.
WATCH, **Rado**

THIS PAGE: ON PRITIKA
(LEFT): SWEATER,
Sportman. SWIM BOTTOM,
Acacia Swimwear.
SOCKS, **Bootights**.
SHOES, **Sorel**. ON MELIE
(RIGHT): CARDIGAN,
BCBGMaxazria.
SWIMSUIT, **Zimmermann**.
SOCKS, **Stance**. BOOTS,
Sperry. NECKLACE,
The Ropes

HAIR: **Andre Gunn** at
Honey Artists. MAKEUP:
Eric Polito using
Chanel Le Volume at
Art Department.
MANICURE: **Julie**
Kandales for **Dior**
Vernis. MODELS: **Melie**
Tlaoch/Neat; **Pritika**
Swarup/Women 360
Management. See page
164 for shopping
information.

Stop
Hiding
Behind
Your
Makeup

SECRETS TO SKIN SO FLAWLESS,
LIPS SO SOFT, AND EYES SO BRIGHT,
YOU WOULDN'T DREAM OF COVERING THEM UP.
FINALLY, YOU CAN SIMPLY

WAKE UP HOTTER

BY **Lauren Balsamo**



Skin

IF YOU WAKE UP TO...

Breakouts

REACH FOR SALICYLIC ACID OR BENZOYL PEROXIDE

Seeing mostly blackheads and whiteheads? Go with salicylic acid. It exfoliates to purify pores and unclog sebum. (Find it in Dermalogica's gel.) "If you have red or painful cystlike bumps—signs of bacteria overload—opt for antibacterial benzoyl peroxide," explains Eric Schweiger, MD, a dermatologist in Manhattan. He prefers a micronized formula like La Roche-Posay's. Super-potent, the particles are small enough to penetrate the skin's surface. **HEADS UP** Benzoyl peroxide is notorious for bleaching fabrics, so use old pillowcases.

1. DERMALOGICA Overnight Clearing Gel, \$49

2. LA ROCHE-POSAY Effaclar Duo Dual Action Acne Treatment, \$37

IF YOU WAKE UP TO...

Dark Spots and Pigmentation

REACH FOR HYDROQUINONE

"It's the most effective lightening agent out there," says Dendy Engleman, MD, of Manhattan Dermatology and Cosmetic Surgery.





The ingredient inhibits the enzymes that pump out melanin (responsible for producing dark spots). Two percent is the highest concentration you can get without a prescription (find it in Peter Thomas Roth's cream)—used nightly, it fades everything from freckles to melasma (sometimes in as little as one week!) and even helps to prevent new discoloration if you're vigilant about SPF daily. For seriously dark spots or large patches of discoloration, see a dermatologist for a 4 percent prescription of hydroquinone (the max you can get in the U.S.).

3. PETER THOMAS ROTH *Pro Strength De-Spot Plus*, \$78

IF YOU WAKE UP TO...

Dullness and Dryness

REACH FOR HYALURONIC ACID

Dry, lackluster skin craves moisture, and nothing is more quenching than hyaluronic acid. It's a hydrophilic, or water-loving, molecule that constantly pulls in moisture from the outside air for 24/7 hydration, says Dr. Engelman. As the top layers of your skin soak up the moisture, the barrier on the surface looks plump and dewy. For an HA-packed regimen, try two drops of Pestle and Mortar's 100 percent pure hyaluronic acid formula followed by Lancôme's sleeping mask—this combo's serum-like delivery quickly penetrates the skin's surface, providing intense overnight hydration.

4. PESTLE & MORTAR *Pure Hyaluronic Serum*, \$69

5. LANCÔME *Hydra Zen Anti-Stress Moisturizing Overnight Serum-in-Mask*, \$59

DREAM SKIN... WHILE YOU DREAM?

Yes—with these dermatologist-approved MVPs!

Detox Mask

Daily toxins from pollution and makeup get stuck in pores, stretching and enlarging them. Purge them with a clay mask, and pores will look smaller and other products' active ingredients will penetrate more deeply.



TRY
ESTÉE LAUDER
NightWear Plus 3-Minute Detox Mask, \$45

Retinol

This vitamin-A derivative is the only skin-care ingredient proven to grow collagen. This one contains retinol plus vitamin B, which strengthens the layer of skin that retains moisture.



TRY
DR. DENNIS GROSS
Ferulic + Retinol Wrinkle Recovery Overnight Serum, \$88

Moisturizer

A great moisturizer is key to maintaining healthy skin. "Think of it like a Band-Aid," explains Dennis Gross, MD, a dermatologist in NYC. "It locks in natural moisture and seals in all the ingredients you've layered on previously."



TRY
CLINIQUE *Smart Night Custom-Repair Moisturizer*, \$57



Eyes

Harnessing the same technology used by professionals, Tria's at-home laser delivers a mild injury to the eye area, encouraging skin's natural renewal process. Just move the laser in teeny-tiny circles around each eye for a minute (it's normal to feel a prickly sensation), and follow up with eye cream. We're loving Ole Henriksen's: Its gel-like texture cools and depuffs on contact—plus it's loaded with collagen-plumping peptides.

6. TRIA *Age-Defying Eye Wrinkle Correcting Laser*, \$249

7. OLE HENRIKSEN *Ultimate Lift Eye Gel*, \$42



Lips

Start with a softening scrub to remove flakes and roughness. "Use your fingertip to buff in small circles, or apply the scrub to a toothbrush for more intense exfoliation," says Dr. Engelman. As you buff, you'll increase plumpness by boosting circulation as well as clear dead skin so lips can better absorb the soothing ingredients in a balm or overnight lip mask.

8. CLINIQUE *Sugar Scrub and Lip Balm in Citron Bleu*, \$19.50

9. BITE *Beauty Agave Lip Mask*, \$26

10. DIOR *Addict Lip Glow Pomade*, \$33



Look Out!

Allergies

Even if you don't suffer from seasonal allergies, irritants like pollen, dust, and feathers can find their way into your bed, resulting in red, watery eyes and unwanted puffiness each morning. The quick fix? Wash sheets in hot water each week (cold water does not sanitize as effectively), and cover your mattress in a plastic slip cover.

Late Nights

If you're sleep-deprived, your blood flow kicks into high gear, thanks to a spike in cortisol, showing up in the form of dark under-eye circles (they're actually engorged blood vessels beneath the surface). On nights when a full eight hours is impossible, try this sleep cheat: Klorane Soothing and Relaxing Eye Patches (\$21 for 7 sets). Their texture is cooling, which helps contract blood vessels, and soothing cornflower helps to brighten over time.

Diet

Booze and Chinese takeout are surefire ways to wake up to puff. "Alcohol and sodium make you retain fluid," says Dr. Engelman. If you overindulge, sleep propped up with a few pillows to encourage drainage from the eye area.





Sexy Skin 24/7

Your skin runs on a schedule. Sync up for a glow all day long!

8 a.m. **Prep and Prevent**

Aggressors like pollution and UV rays stress out your complexion throughout the day. The solution? Kiehl's antioxidant-packed concentrate, which keeps skin bright and smooth for eight hours.



KIEHL'S Daily Reviving Concentrate, \$46

10 a.m. **Snap a Selfie**

At this point in the morning, your body temp peaks, increasing circulation, says NYC dermatologist Julie Karen, MD. "That gives skin a healthy glow." If you want to snap and send, now's the time.

4 p.m. **Fatigue Alert!**

Your skin can have an afternoon slump too. Since the thin skin around the eyes shows fatigue first, touch up with a multitasker like BareMinerals', which contains glycerin to reboot the delicate area.



BAREMINERALS BareSkin Complete Coverage Serum Concealer, \$20

10 p.m. **Night Necessity**

Skin's protective barrier is reduced at night—that's actually a good thing, as it more readily absorbs ingredients while you snooze. Slather on a firming sleep mask like Elizabeth Arden's.



ELIZABETH ARDEN Ceramide Overnight Firming Mask, \$88

12 a.m. **Skin's Power Hour**

Between midnight and 1 a.m., skin's restorative chores are in overdrive. This hour is hardwired into our internal clocks.... FYI, night owls!

WORK

EDITED BY
SARA AUSTIN

Ace the Interview

USE THIS DEFINITIVE GUIDE TO GO GET THE JOB YOU DESERVE.

BY JUDITH OHIKUARE

Before the Interview

You may not realize it, but your interview actually starts the minute you say, “Yes, 3 p.m. on Wednesday is great. I look forward to speaking with you.” Here’s everything to do between that moment and the big day.

HIT THE BOOKS

You wouldn’t go on a Tinder date without Googling, so why would you go on an interview cold turkey? Research your potential employer in full, says Caroline Ghosn, cofounder and CEO of Levo, a professional networking site. If you know anyone at the organization or can find connections through friends or LinkedIn, ask them for insight. Your goal is to spend the interview talking about how you could contribute to the team, not listening passively while you’re brought up to speed.

KNOW YOUR INTERVIEWER

“Look at an interview

as an organic part of building a relationship,” says Ghosn. Your interviewer is a human, not a job genie, and showing interest in this person will help to create a more authentic relationship from the get-go. If you get your interviewers’ names in advance, read their bios on the company page and check out their social-media sites.

ORGANIZE YOUR STORY

The first question is often “Tell me about yourself.” Frame your story in a concise, clear way so that your duties aren’t confusing. What have you achieved in past jobs that overlap with the specific role you’re interviewing for?

Review your résumé and pick areas to highlight, and have stories in mind to illustrate any relevant expertise. Would you be working closely with another person? Come prepared with examples of past partnership successes, says Ghosn.

PRACTICE AND MAKE PERFECT

If you tend to get flustered during interviews, commit your answers to muscle memory in advance. Reading the company’s job description carefully will tip you off to answers that you can provide about your strengths and what you bring to the job—two common questions. Write out a list of ques-

tions that you might be asked, and practice your answers to each one. The goal isn’t to spit out responses robotically (creepy) but to look and feel poised (ding ding!).

POLISH YOUR PRESENTATION

Fair or not, your speech patterns matter, says Laura Sherbin, director of research at the non-profit Center for Talent Innovation. Filler words such as *actually* and *like* are so distracting, Sherbin has counted the number of times a candidate uses them. “Those words are difficult to ignore after a while,” she says. Ask a friend to interview you for practice. Then get feedback: What vibe did your body language give off? Did you speak too quickly? Or did you, um, you know, *literally* kill it?

PSYCH YOURSELF IN

Turns out, your fight-or-flight impulse isn’t so useful in a job interview. “The emotional part of your brain responds to the prospect of rejection by thinking, Danger!” says Keith Rollag, chair of the management division at Babson College and author of *What to Do When You’re New*. Tell yourself: *This is just a conversation. They want to like me.* Look up other job opportunities that you can apply for or networking events that you can attend just in case this gig doesn’t work out. It might help you feel less like everything is riding on this one, Rollag says.

A’s FOR TRICKY Q’s

Interview questions really are getting weirder. Cosmo to the rescue.

Q/ “Do you know how to_____?”

This gets hard when it’s a challenge that you haven’t faced before. Sherbin says women value honesty and often say, “No, I’ve never done that.” But then the interviewer thinks, *She doesn’t believe she can do it. Why should I?* Instead, take a cue from men, who are more likely to say, “Sure, I’ve never done it before, but I’m a fast study.” Nod to the learning curve, but always lead with a yes.

Q/ “How long would you see yourself staying?”

Dodge the flighty millennial stereotype. People don’t want to train someone new, only for the person to leave and pursue their “real” passion, experts say. Don’t pledge a specific time commitment, but do name check skills you hope to develop or long-term projects you could contribute to. Use the word *team* a lot.

Q/ “What’s your favorite cartoon?”

“Some interviewers ask weird questions to see how well a candidate thinks on their feet,” Rollag says. “They want you to give an unrehearsed answer.” That means there is no right or wrong. Go with the flow and be creative. If in doubt, acknowledge the awkwardness, suggests Ghosn. Say: “I’ve never gotten that question before! Tell me why you’re asking.”

Don’t rely on a last-minute Google cram session to find out that the job you applied for is definitely not as hot as it looked online.



During the Interview

You went to bed at a respectable hour, you left the house with plenty of time to spare, and you are *not* throwing away your shot.

BREAK THE ICE

The walk to your interviewer's office can feel endless. Rollag suggests getting the other person to talk about himself. "Think about topics that give people energy," he says. If it's close to the holidays or vacation season, ask your interviewer if he's had time to travel, and if so, where? And don't get too hung up on awkward pauses. There's a natural ebb and flow to every convo.

BRING THE ENERGY

Your interviewer may be grumpy, distracted by matters unrelated to you, or could even be hazing you to see how you react. Keep your energy high, and forge ahead. "If you get the sense that an interview is going poorly, ask a question to show that you're curious," Sherbin says. "That

will also give yourself time to recalibrate your responses."

SELL YOUR EXPERIENCES

It's the catch-22 of entry-level job interviews: How are you supposed to talk up your experience when you don't have any yet? If you haven't worked much, Sherbin says, discuss the leadership skills that you have developed from other places, whether in your community, school, sorority—even a part-time job in a different industry. "Convey professionalism and good judgment through the interview process and they might consider redefining their idea of experience," she says.

ALWAYS BE ADJUSTING

Watch the other person's reactions closely for clues to how well an interview is going,

so that you can adjust. Does your interviewer seem to check out when you give a long reply? Shorten your next answer. Do you sense skepticism or surprise? Acknowledge it openly. If you think you might have missed the mark, it's okay to ask, "Did I answer your question fully?" says Sherbin. "That shows you have emotional intelligence—you can recognize and address the needs of others, including potential clients."

REMEMBER WHO'S BOSS

Bubbling over with big ideas? Great! Just try not to diss your potential employer. "Sometimes when people feel confident, they think that they are being proactive by making unwanted suggestions," says employment attorney Lori B. Rassas, author of *The Perpetual Paycheck*. Instead of bulldozing your interviewer with "fixes" that may seem presumptuous, Rassas suggests formulating a "30-60-90 plan": what you would do in one, two, and three months on the job, *after* you

learn more about the culture and the challenges.

YES, ASK SOME QUESTIONS

The moment when an interviewer asks, "Do you have questions?" is the best chance you'll have to lead the conversation. "Some people think they're being annoying by asking a question, or they want to take their wins and leave before they say something wrong at the last minute," says Ghosn. "That's a mistake." A few Qs that always work: "What would a typical day be like?" "What would it look like to knock this job out of the park?" "What challenges would someone with this job need to overcome?" Show your interviewer that you have thought seriously about the role and envisioned yourself in it.

Phone off? Check. Carrying multiple copies of your résumé? Check. Comfy shoes to switch into later, from two blocks away? Check and check again.

INTERVIEW KILLERS



The BYOC

Your interviewer tries to shake your hand but gets a fistful of latte. You get self-conscious about your coffee breath. Then you forget your now-old, cold cup on the interviewer's desk.



The Spin Cycle

If you have the choice to sit in a chair that doesn't swivel, take it. "Nervous interviewees swivel back and forth so much, you worry they'll get whiplash," says Sherbin.



The Text Talk

No matter how cool the person who will interview you seems, e-mailing them like they're your BFF is unprofessional AF. Take the other person's lead in tone, and keep it classy.



The Sneak-a-Smoke

You will likely be in close quarters with your interviewer. Strong odors are off-putting, so don't light up beforehand. No, masking it with perfume won't work either.



After the Interview

You've texted your mom to debrief. You've danced off lingering adrenaline at home. But you're not quite done.

ACT FAST!

Send a thank-you e-mail within 24 hours. Handwritten notes are increasingly optional but may stand out as a result, says Raszas. If you do send a card, mail it ASAP so it arrives within 72 hours. Include your full name and e-mail so you're easy to find.

SAY MORE THAN THANKS

Acting quickly doesn't mean sending a generic e-mail, Sherbin adds. Mention a few topics that you discussed during the process to show that you were listening, and say that you'll follow up shortly if you were asked to do so.

WIN THE WAITING GAME

Employers can take days—or months—to decide. Ask about the timeline at the end of your interview, Ghosn says, and follow up a week later, maybe

including some fresh ideas. (Avoid hectic times like Friday afternoon and Monday morning.) Don't e-mail more than once a week, and stop after three unanswered messages.

DON'T SHUFFLE OFF IN SHAME

Much more goes in to hiring—the mix of people on a team, salary needs—than can be seen from your side of the table. So if an interview doesn't work out, don't despair. Politely ask for feedback, and ID skills you can add or play up next time. Then ask the interviewer or human-resources rep if you can stay in touch. If so, let her know you'd love to be considered for other roles, whether with her organization or others she might hear of. "Recruiters ask one another for recommendations all the time," Sherbin says.



The Bad Suit

Try on your outfit two days in advance. If you are uncomfortable, anyone looking at you will be too, says Sherbin. The key is fit more than fashion: Avoid clothes that are too clingy or too loose and sloppy.



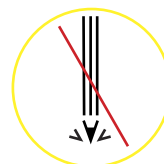
The Diva Act

Be friendly and polite to *everyone* at the office—not only your interviewer—or no one will trust you to work with potential clients, Sherbin says.



The Phone Pas

Turn off your phone before you arrive. If it rings mid-conversation, ignore it or turn it off discreetly, Sherbin says. "Whatever you do, don't check that text or missed call."



The Pen Tap

Are you a nervous fidgeter? Remove any ammo that might distract you or your interviewer. Put your pencil or pen on the table or in your bag, and keep your hands folded in your lap.



The Shoe Swap

Switch to your killer heels before you get there—not in the reception area or bathroom. Keep them on until you're a few blocks away. Sorry, no one wants to see your feet.



A Toast to Hard Work

Michelle DeFeo, 42, went from blue-collar New Jersey to president of Champagne Laurent-Perrier U.S. She tells how to break in when you have exactly zero connections.

I'M FROM A FAMILY OF IMMIGRANTS who went into construction and mining. Wine, let alone champagne, was not common at our house. One night when I was 9 years old, I saw an ad for an exchange program that showed the Eiffel Tower. I had never seen anything like it before. I told my mom I wanted to "go where they have that tower." She said, "Well, then start working."

Get Out and See the World

In high school, I studied French and became the first person in my family to get a passport since we'd emigrated. I saved up to pay for a student-exchange program and went to Provence. After that, everything in my life was driven by what I could do to get closer to France.



Talk to the Person With Your Dream Job

After college, I became gung ho about being a translator for the United Nations. When I met someone who had that job, it was like meeting royalty. But he said, "After 15 years, I make \$30,000. I translate documents about fish hatcheries. I have my own ideas, but I can't express them." I was thrown for a loop. I had to reconsider my dream.

Go in Through a Side Door

I asked myself again: What job can I have to speak French on a daily basis? I happened upon an ad requesting an assistant for a champagne importer, Veuve Clicquot. I didn't know Veuve Clicquot from Adam, but the job sounded interesting. I worked for the VP of sales and was surrounded by wine lovers and French speakers.

Barter Grunt Work for Knowledge

I wanted to learn more by studying at a wine center, but I couldn't afford it. So I did dishes and emptied spit buckets in exchange for free classes. I also took a part-time bookkeeping job at a wine store. I learned about pricing and the relationships among retailers, suppliers, and distributors, things that are still useful to me.

Don't Rely on Passion Alone

Over the years, I worked as a sales manager for Laurent-Perrier, a wine business consultant, and a vice president at Rémy Cointreau. Along the way, I got my MBA. I was passionate, but I also wanted to understand the intricacies of business.

Respect Where You Come From

Coming from a background where every dollar counted, I understand that if I'm asking someone to invest in one of our bottles, it better be fantastic. I keep a piece of coal that my great-uncle gave me on my desk to remind myself of how lucky I am and to never forget my roots. ■



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DRESS FOR THE JOB YOU WANT

"I WANT TO MAKE BUSINESS CASUAL MORE FASHIONABLE"

AS A SESSION assistant III at Memorial Sloan Kettering Cancer Center, Ayobami Charles keeps things organized at two outpatient clinics: ophthalmology and interventional radiology. She ensures that the clinics' rooms have the proper equipment, the patients' necessary lab work has been done prior to surgery, and the patient histories are ready for doctors to review.

When Charles graduated four years ago with a degree in psychology, she didn't know what she wanted to do. At a friend's suggestion, she applied for an entry-level job at the hospital. She soon realized that she loved it. "I've learned how to stay calm and approach patients so that they feel confident in my ability to help them," she says.

Charles's new goal is to become a hospital administrative manager, working behind the scenes on higher-level tasks and directing a large number of staffers. She plans to step up her fashion game too. "I want to better incorporate trends in our business-casual dress code," she says.

Stylist Adam Mansuroglu selected a fitted sweater with a pointed collar and black and white sequins that add a touch of glamour. To achieve "weekend comfort in a work-appropriate look," he picked tapered trousers with plenty of stretch. A structured hot pink coat and matching midheight pumps with a black-tassel detail add extra flair without looking frivolous.



AYOBAMI CHARLES

AGE: 27

CITY:

NEW YORK, NY

CURRENT GIG:
SESSION ASSISTANT III AT MEMORIAL SLOAN KETTERING

DREAM JOB:
ADMINISTRATIVE MANAGER

JACKET, Milly, Bloomingdale's.
SWEATER, Alice + Olivia, \$398, Bloomingdale's.
PANTS, Banana Republic, \$89.50, bananarepublic.com. BAG, Etienne Aigner, \$395, etienneaigner.com. SHOES, Banana Republic, \$128, bananarepublic.com



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A deep berry lacquer plays up girl-power confidence.

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MODEST MODE

For a cute, conservative look, pick a long-sleeve blouse with fun details like a pussy-bow collar and crossover front.

SHIRT, Vince Camuto, \$79.99



BAG TO BASICS

Balance a statement outfit with a bag in a muted color to make your overall look less frenzied, more focused.

BAG, Ann Taylor, \$98



BRIGHT SPOT

Inject personality into your footwear by selecting a classic heel in a color that pops.

SHOES, JustFab.com, \$39.99



PLAYFUL PANTS

A fun print adds a bold note. Sidestep a clownish vibe by selecting simple colors.

PANTS, Kate Spade New York, \$258



TRUE FACE

A lightweight foundation gives skin a luminous glow without covering it like a mask.

DIOR Dorskin Nude Air Serum Foundation SPF 25 in #60, \$53, dior.com

STILLS: STUART TYSON/STUDIO D. STYLIST: SABRINA GRANDE. FASHION EDITOR: ADAM MANSUROGLU. HAIR AND MAKEUP: ERIC VOSBURG FOR ARTISTS BY TIMOTHY PRIANO.



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Q/ Isn't the stock market basically gambling? Why should I trust it?

As a financial planner, I know that many people are suspicious of the market. At one time, even my husband shied away from investing in it. But investing isn't a get-rich-quick scheme. It does involve risk, but it allows you to participate in the growth of this country's companies while your money grows. If you are patient and don't play the market for short-term profit, the odds are in your favor...unlike in Vegas.



TALK ABOUT YOUR MONEY. IT CAN GIVE YOU INVESTING CONFIDENCE.

Q/ Is there anything I should do when the market drops?

The key is not to freak out! The market tends to grow at an average rate of 7 percent each year, but there will be periods when it is down. The best thing you can do is wait out any nerve-racking dips. Unlike your bank account—which you should check in on daily—do not, repeat *do not*, watch your investments too closely. Set a calendar reminder to review your portfolio every three to six months at most.

Q/ Should I put my rainy-day savings in the market?

This is a cold hard *no*. If there's even a chance you could need your cash in the next five years, it should never touch the market. At LearnVest, we advise clients to try to save six months' take-home pay for emergencies before you start investing. In the meantime, do make contributions to your retirement account—your employer may match them—and pay down credit-card debt.

Yes, You Should Invest!

The stock market can be a smart way to clone your money, but it makes plenty of people break out in hives. A recent Bankrate.com survey showed that only 26 percent of Americans under age 30 own any stock-based investments. **Alexa von Tobel**, the CEO of LearnVest and author of *Financially Fearless*, wants you to join that club!

Q/ I want to invest only in companies I feel good about. How can I do that?

Research SRIs—short for socially (or sustainable) responsible investment funds. SRIs help you find companies that share your values. The fund managers may weed out businesses involved in tobacco or favor those that respect the environment, animal welfare, or human rights. Research these funds at USSIF.org.

Q/ What's the difference between a stock, a bond, and a fund?

A stock gives you part ownership of a company. A bond is when you loan money to a corporation or a government entity and earn interest until that debt is repaid. Bonds tend to be less volatile than stocks but yield smaller returns, depending on interest rates. Mutual funds and ETFs (exchange-traded funds) are bundles of assets, including stocks and bonds. The magic word in choosing investments is *diversification*: Buying mutual funds and ETFs means your success isn't tied to one company's success or failure.

Q/ Should I hire someone to make my investments for me?

This isn't usually the best option for young, newbie investors—it's pretty pricey. Try online discount brokerages, which typically require a minimum investment of about \$500 to \$1,000, provide free tools to help you assess your goals for your money (want to buy a home in 10 years?), determine how much risk you're willing to take on, and find funds that fit those needs.



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LIVE IT UP!

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THANK-YOU NOTE 101

"NEVER BEGIN WITH THANK YOU," SAYS LEO MASCOTTE, CREATIVE DIRECTOR OF DEMPSEY AND CARROLL. AND REMEMBER, IT'S WAY BETTER TO WRITE A LATE NOTE THAN NOT TO SEND ONE AT ALL.

THE FORMULA

[Funny joke or anecdote]

+

[Why you're grateful]

+

Thank you!

+

Best,

[Your full name, so it's clear who sent it]



★ IF IT'S BUSINESS-RELATED, INCLUDE YOUR E-MAIL TOO! ★

P.S. WHEN NOT TO SEND A NOTE
Saying sorry? It's best to apologize in person!



BOTTOM LEFT: GETTY IMAGES

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LIVE IT UP!

Gallery Girl #Goals

If your walls could talk, they'd say that you totally know how to arrange frames artfully. Or...that you cribbed these crazy-easy tips from interior designer Emily Henderson and her new book, *Styled*.

BY JULIE VADNAL



?

**WHERE DO I
BUY ART...THAT I
CAN ACTUALLY
AFFORD?**

I know, right? Sites like 20x200.com and Curioos.com have prints from cool artists that start at \$24. Sweet!

—1—

Shop Your Own Walls

"Starting from scratch can be expensive," Henderson says. Pick one bigger piece that you already have, like a poster, as a focal point. Then surround it with smaller, cheaper art.

—2—

Stick to a Palette

Three to five colors, max. "You don't need to be obsessive about it, but the art should look cohesive," she says. Same with frames. Go with two finishes—light wood and white—for a super-pretty look.

—3—

Mix Up the Mediums

Photography, prints, even your own amateur watercolor works of art can all live together.

—4—

Map It Out

Before you hammer any nails into your walls, arrange the frames on the floor to decide on a layout—together, they should look like one big piece of art, Henderson says. Once everything's hung, fix anything that's off-kilter by sticking small balls of putty behind frames to set them straight.

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Why are American women dying in childbirth?

YOU WOULD BE SAFER—
10 TIMES SO, IN FACT—
HAVING A BABY IN BELARUS
THAN HERE IN THE
UNITED STATES. HOW CAN
THAT BE? AFTER JOY VICTORY
SPENT HER DAUGHTER'S
BIRTH SICK, CONFUSED,
AND SCARED FOR
HER LIFE, SHE DECIDED
TO FIND OUT.





i'm 40 weeks pregnant

and nearly 24 hours into labor, and there is vomit everywhere. Stomach acid and red Powerade splatter across the kitchen floor, up the walls and the refrigerator, leaving tiny bloodlike rivulets.

As I puke, I feel a popping sensation. Fluid leaks down my legs. *Did my water just break while I was throwing up?*

"This is normal," I tell my husband, Brendan, as he frantically unfurls paper towels. "They said in Lamaze that throwing up can happen before you start to push. Right?"

The truth is that things haven't been normal for weeks. Starting around the 36th week of pregnancy, my hands swelled so much that I couldn't write, my upper belly ached, and my blood pressure rose. Yet at my prenatal visits at the midwife clinic where I was a patient, no one seemed concerned—not even when I showed up to the hospital in labor with my blood pressure at 143/99 and a pulse of 120, both well above normal. (The clinic and hospital did not comment for this story.) Because I was only dilated to one centimeter, I was sent home and told to keep hydrated. The midwife on duty declared the elevated numbers a result of labor-related anxiety.

In fact, I had some of the hallmark signs of a condition I was only vaguely aware of then: preeclampsia, a mysterious syndrome of the placenta that affects blood flow between mother and baby. The mother's blood pressure rises, unleashing a cascade of issues. Without treatment, it can cause potentially lethal complications. For the baby, this can include restricted growth, premature birth, and death; for the mom, organ failure, stroke, seizures, and death. The risk to me and my baby had been lurking for weeks, and I'd had no idea.

Now, standing in the mess I've made of our kitchen, light-headed and heart fluttering, I dial the midwife's number. "Come in," she says, sounding alarmed. "Come in right away."

WHEN I FOUND OUT I was pregnant in 2012, I assumed the biggest risks I faced as a healthy, well-educated, privately insured New Yorker were "interventions" I didn't want, like an unnecessary C-section. I chose a midwife practice associated with a major hospital. We took childbirth classes, decorated the nursery in a forest critter theme, settled on the name Adela. I didn't think about the really grim stuff that could happen. Who would?

● ● ●
"When I became pregnant, I didn't think about the really grim stuff that could happen. Who would?"

Yet delivering a baby in the United States has actually become *less* safe. After nearly a century of enormous strides in saving women from death in childbirth, the rate of major complications more than doubled between 1998 and 2011, according to the Centers for Disease Control and Prevention. For every 10,000 delivery hospitalizations in 2010 and 2011, about 163 women had a severe complication, like needing a blood transfusion or hysterectomy or having cardiac arrest, sepsis, or seizures. Rewind 10 years and the number was less than half that.

The rate of maternal deaths, too, more than doubled between 1987 and 2011. Pregnant women in this country have a 1 in 1,800 risk for dying of pregnancy complications, the charity Save the Children recently reported—the worst performance in the developed world. And black American women, in particular, face a crisis. They are three to five times more likely to die in childbirth than non-Hispanic white women. Overall, a woman in the U.S. is more than 10 times as likely as a woman in Belarus or Poland to die from a pregnancy-related cause.

What's going on? While some cases can be linked to patient trends that make obstetric care trickier (namely obesity and advanced maternal age), research shows that health-care quality plays a major role. Certain groups—women of color, poor women, and undocumented immigrants—often lack access to care, so they enter pregnancy with more health problems and get less prenatal care, as a 2010 Amnesty International report outlined. Other issues affect all pregnant women: Many communities don't have enough obstetric specialists, and labor and delivery wards tend to be especially understaffed. There are few consistent protocols for how to react when things go wrong. And too often, hospitals don't share knowledge or data with one another, so the same mistakes are made again and again.

Most women in the U.S. will have normal, healthy deliveries. But for women who get sick, the experience can be devastating. Pennsylvania pediatrician Tricia Pil, MD, experienced postpartum hemorrhage in 2005. She was initially sent home with a diagnosis of false labor and ended up delivering her baby in a hallway. Hours later, she started passing clots the size of frying pans. "This was at one of the best maternity-care hospitals in this country," she says, "not some backwoods operation."

Eleni Tsigas, executive director of the Preeclampsia Foundation, lost a child to the condition 29 weeks into her first pregnancy—a soul-crushing blow. And Ryan Hansen lost his wife, Tara. A 29-year-old special education teacher in New Jersey, Tara died from an infection six days after delivering their son. Like many, Hansen says he wasn't aware of the maternal health-care crisis until it hit too close to home. "Tara and I were so prepared for the baby's birth, his well-being and health. We weren't prepared for what happened to Tara."

Tragedies like these can often be avoided, says ob-gyn Elliott Main, MD, director of the California Maternal Quality Care Collaborative at Stanford University. When Dr. Main led a study of maternal



**DANGER
SIGN**
Hypertension
caused by
preeclampsia
can lead
to a cascade
of issues—
even death.

deaths in California from 2002 to 2005, he found that many were from conditions that have symptoms: things like preeclampsia, hemorrhage, and blood clots. The study, published in *Obstetrics & Gynecology* in 2015, concluded that at least 41 percent of the deaths had a “good-to-strong chance” of preventability and 90 percent had at least “some” chance.

These deaths, says Dr. Main, can be ascribed to the “twin demons” of denial and delay: denial that a woman is sick and subsequent delay in proper treatment. Warnings signs are brushed off. Complications are misdiagnosed. Doctors fail to consult with specialists. After Adela’s birth, I reviewed my medical records with several doctors to figure out which of the failures I might have endured.

“Sometimes, providers don’t believe the vital signs,” Dr. Main says. “Pregnant women are, by and large, young and healthy. You can withstand a lot. Until you can’t. Until you essentially fall off the cliff.”

ON A WEDNESDAY in May 2013, I arrive back in triage covered in vomit and leaking amniotic fluid. The midwife performs my second cervical exam of the day and a greenish liquid spills out. The amniotic fluid, normally clear, is tainted by meconium, a baby’s first bowel movement. It’s a sign of possible fetal distress. As contractions hammer my back, I ask for an epidural, forgoing plans for a low-intervention birth.

My blood pressure is 162/85 and my pulse is 113, but no one says anything to me about these numbers or gives me medication to address them. I’m in mental la-la land, my body under siege from the disorientation that severe preeclampsia causes. Buried in my chart is a note that says “watch BP closely.”

About 12 hours after we arrive back at the hospital, I finally give birth. As soon as Adela exits my body, a doctor from the neonatal intensive-care unit swoops into action, placing a tube down her throat to remove the meconium. I do not get to hold her against my

chest. Instead, she is moved to a plastic warming tray. In spite of her rough start, she is beautiful, with long limbs, puckered lips, blonde peach fuzz for hair, and fat cheeks. But her breathing is raspy. Her chest strains. It is torturous to watch.

They place Adela in my arms long enough for Brendan to get a photo. I try to smile, but there’s a look of concern instead. I glance toward the blood-pressure cuff on my arm. Is something wrong with me? What is wrong with her? Am I to blame?

She is taken to the NICU and given breathing assistance and antibiotics. Her official diagnosis is “sick baby, respiratory distress.” My blood pressure went down during labor—a common and temporary side effect of the epidural anesthesia. I’m moved to a shared postpartum recovery room two floors away. The nursing staff never ask me about my symptoms before I gave birth. To this day, I don’t know if Adela’s poor health was linked to mine nor what caused her illness. Our care was completely separate, as if we weren’t deeply physically connected, as if my health couldn’t have affected hers.

TAP, TAP, TAP. It is a day and a half after I gave birth and a midwife is testing my reflexes. As the epidural wore off, my vital signs worsened. My latest blood work shows something ominous.

“She has elevated liver enzymes,” the midwife tells Brendan. “How elevated?” he asks.

“Not acute-hepatitis high,” she says, “but still, they are high.”

She moves on to the next area of concern: “Her reflexes are brisk. It’s called hyperreflexia.” The word sounds beautiful, and I repeat it in my head. *Hyperreflexia*. It also sounds sinister. I start to cry. “We think you have some type of preeclampsia,” she says. She notices my tears. “Did you think something was wrong?” I nod my head yes, but I can’t speak. I’m too scared. Neither Brendan nor I can remember now if the midwife explained what hyperreflexia indicated—that preeclampsia had irritated my nervous system and I was at imminent risk of a seizure.

She explains that I need an IV infusion of magnesium sulfate, which decreases the risk for seizures. I’m also started on a fast-acting blood pressure medication. She assures me things will be fine, although uncomfortable: The “mag” will make me feel “icky and sleepy.” I’m sent to a new room with one nurse who watches four postpartum women on gurneys. One keeps asking for water; her voice is chalky, uneven, weak. I realize she is on a magnesium sulfate drip, like I will be. The other women seem downright chipper in comparison, despite having just been wheeled in from Cesarean deliveries. One asks her husband to call for Chinese food.

It’s hours before my orders are put in. Just as a nurse starts the IV, an ob-gyn resident bursts in, shouting, “Stop the drip!” She explains that my latest lab work shows key metrics have plateaued. The doctors want to “watch and wait” instead. The resident



▲
●
●
●
**MOMS
NEED LOVE
TOO**

Our medical system puts great energy into keeping babies safe but has paid less attention to mothers.

looks as if we should be elated. But I haven't eaten or slept, I haven't seen my baby since the night before, and my room has no toilet. I've been using the one in triage, dragging my IV pole along with me. Brendan demands better help. I beg for sleep medication.

At 3 a.m., I'm awake, hooked to a blood pressure monitor that whirs to life every 15 minutes. It sends an alarm to the nurses' station for high readings, which in my case, is every reading. No one rushes in. With no staff in sight on a weekend night, I get out of bed four times an hour to turn off the alarm myself.

Eventually, I take off the cuff, grab a bottle of breast milk (through it all, I have been dutifully pumping), and head to the NICU. The door is locked. I knock and knock and knock, then give up, torn to shreds that I'm separated from Adela. My pulse is racing, both from the preeclampsia and the blood-pressure pills. For the first time in my life, I'm having a panic attack. *This is temporary*, I tell myself. *You won't be in this hospital forever.*

Panic is a known symptom of preeclampsia, with women reporting an "impending sense of doom." But no one explains this, that I recall. I feel like I'm losing my mind.

The next day, Adela is declared healthy despite her low birth weight (8th percentile, proof of restricted fetal growth) and released into my care. But I'm in no shape to care for her. I hear the family one curtain away, whispering. I'm ashamed that I'm falling apart and strangers are there to witness it. I ask to switch medications and to see a psychiatrist.

Thankfully, they agree to try a new drug, which relieves the palpitations. Intermittently, I also begin getting small doses of antianxiety meds. But the request for mental-health care is too much. "Sorry," the midwife tells me, shrugging, "it's a weekend. The hospital is slammed. The only way you'll see a psychiatrist right now is if you say you want to kill yourself."

B"BETWEEN THE HEALTH CARE we have and the health care we could have lies not just a gap but a chasm." This is how Mary E. D'Alton, MD, summarizes the crisis facing American maternity care. Dr. D'Alton, chair of the department of obstetrics and gynecology at Columbia University Medical Center/New York-Presbyterian Hospital in New York City, is one of the leaders working to turn the numbers around or, as she describes it, "put the maternal back in maternal-fetal medicine."

Dr. D'Alton is spearheading a major effort, The National Partnership for Maternal Safety, to ensure that birthing facilities have safety programs in place for the most common preventable causes of maternal death and serious complications: hemorrhage, severe hypertension, and blood clots. The partnership, which includes physicians, nurses, midwives, and organizations, hopes to draw on the successes of the United Kingdom, which has the gold-standard system of maternal mortality review, and of the California Maternal Quality Care Collaborative. In just a few years, California's maternal mortality rate—in marked contrast to the nationwide trend—has fallen by nearly 50 percent.

● ● ●
**"I read
Facebook
posts
saying
'Mom and
baby are
doing
fine' and
it stings.
What is
that like,
I wonder,
to be
fine?"**

Core to California's success have been "patient safety tool kits" that can be downloaded and used by any birthing facility, and which exhaustively cover standardized methods of detection, diagnosis, treatment, and management of issues. They offer medication boxes for specific conditions that hospitals can keep on hand to avoid delays in treatment.

The California effort illuminates how often mental symptoms are overlooked in maternal care, says Christine Morton, PhD, a research sociologist with the collaborative. "Sometimes women's mental manifestations of clinical problems are interpreted as psychological or behavioral, which minimizes their experience and doesn't address the root physical cause," she says. She has seen cases where women suffering from low oxygen levels, known as hypoxia, get mislabeled as "combative" or "noncompliant."

It's just one example of the need for improved patient communication, says Ryan Hansen, who, after his wife died, created the Tara Hansen Foundation to raise maternal-health awareness. He speaks regularly to doctors and nurses, encouraging them to stop, look, and listen. "It sounds simple, but women know their bodies. They know when something isn't right," he says. "We have to empower their voices."

I SPEND ONE MORE day in the hospital. The blood pressure meds seem to have worked, and after a liver ultrasound shows no signs of rupture, I'm cleared for discharge. But I'm far from healthy. Within two days, my blood pressure returns to severe levels, and my dosage is doubled. My anxiety lingers, triggered by a combination of cardiac disease, psychological stress, and medication side effects. I'm petrified that I'll see flashing lights, a sign of a seizure. At one point that week, I ask to be admitted to a psychiatric hospital.

Instead of joy in the first weeks of Adela's life, I mostly feel isolation. I avoid groups for new moms, feeling little connection with the women there. I read Facebook posts saying "Mom and baby are doing fine" and it stings. *What is that like, I wonder, to be fine?*

I see a psychiatrist and begin a regimen of medication, therapy, and journaling. This new doctor tells me I'm suffering from postpartum anxiety, depression, and PTSD. I spend weeks measuring my blood pressure, taking pills, getting my liver checked. My mother-in-law stays for two months to help. With treatment, my grief becomes less disabling.

One day, nearly two months after my release from the hospital, I take out our broom and dustpan to sweep and find the dustpan covered in mysterious dried red markings. Then I remember: vomit, my vomit, left over from the minutes before we rushed to the hospital, when things became terrifying.

Now, more than two years later, those reminders lie hidden behind the life we've created. I'm back at work and volunteering for the Preeclampsia Foundation. Family photos plaster the fridge. Adela loves to point herself out, shouting "Baby!" Sometimes, she'll point to the photo of me, dancing with Brendan on our wedding day. "Mama!" she exclaims. "That's right," I tell her, putting a hand to my chest. "I'm your Mama. And you're my baby." ■

Chloé

EAU DE PARFUM



2016

BEDSIDE ASTROLOGER

Experience 2016 to the fullest! Your sign influences everything, including what will delight all your senses. Set all six—touch, smell, sight, hearing, taste, and sexiness, that's six—on fire for your hottest year yet. Read on to discover the thrilling possibilities 2016 holds for you and your boo. The stars are the limit!

BY AURORA TOWER | EDITED BY LAURA BROUNSTEIN & JUDITH OHIKUARE



LIFECAST

Focus is key for you this winter. FOMO is your eternal nemesis. Don't let yourself get distracted by other people who could steer you off track. Keep your famous personal drive in high gear and you'll surprise even yourself with all you accomplish by May. Then take some well-deserved summer time off. A seaside escape will help cool your jets and give you fresh energy so that by the time September swoops in—one of your best months of the year for work—you'll have the willpower to pull out all the stops for a new project. Keep an ear out for the chimes of success to ring in December!

touch

Steal the spotlight with shimmery shadow.

Chanel Illusion d'Ombre Long Wear Luminous Eye Shadow in Mirage, \$36, chanel.com

SUCCESS DAYS

MAR/

31

SEP/

25

DEC/

02

smell

Sexy, spicy florals are eau so Aries. *Bottega Veneta Eau de Parfum, \$115, [Nordstrom](http://Nordstrom.com)*



taste

Delish with a side of drama. *Happy Cooking, \$35, amazon.com*

sexy

Throw some attitude in a strong-shouldered moto.

Jacket, BLK DNM, similar styles available at blkdnm.com



see

Go big, bold, and gold at home.

Brass disk, \$80, crateandbarrel.com



hear

1. "The Edge of Glory," LADY GAGA
2. "Get Outta My Way," KYLIE MINOGUE
3. "I Don't Like It, I Love It," FLO RIDA FEAT. ROBIN THICKE
4. "Fiesta," BOMBA ESTÉREO
5. "Primadonna," MARINA AND THE DIAMONDS

03.21–04.20

ARIES

ENERGETIC | STRIKING | DETERMINED

SEXY DAYS

MAR/

23

AUG/

03

SEP/

09

SEXYCAST

In the past, you might have tried on suitors for size, enjoying their high jinks even if none of them stuck. Now you are heading for love like a heat-seeking missile! You could meet your match after a passionate lunar eclipse in your zone of relationships on March 23rd. Come August, you'll be steaming things up with a very attentive someone. If you aren't paired up by October, you might have some fun with a shameless charmer. Enjoy, but if he proves to be all slick, no substance, keep on moving.

BEAUTY STILLS: JEFFREY WESTBROOK/STUDIO D. FASHION AND BOOK STILLS: STUART TYSON/STUDIO D. STYLIST: SABRINA GRANDE. OPPOSITE PAGE, ART: COURTESY THEANKIT.COM.

see

Pretty and badass suits you to a T, Lady T. Bitch wall canvas, \$25, theankit.com



04.21-05.21

TAURUS

INTUITIVE | DEPENDABLE | ROMANTIC

SUCCESS DAYS

APR/

05

MAY/

22

SEP/

23

touch

You're going to make him blush. Why shouldn't you?

Clinique Chubby Stick Cheek Colour Balm in Roly Poly Rosy, \$22, clinique.com

sexy

Seduce yourself (or someone else!) in this lovely, lacy number.

Bra, \$84.50, thong, \$37, Cosabella, cosabella.com



LIFECAST

You're coming into your own this year, and as a result, fabulous opportunities are heading your way. Embrace your power! If something isn't working for you in January, take the plunge, and move in a new direction. You'll find your rhythm by June and catch the attention of people who can support your vision. Make sure you're at your best by taking care of mind and body—quick get-aways in March and November should do the trick! In between, you'll get to show off all you've accomplished when the limelight finds you in September.

smell

Earthy and exquisite...like you, girl. Calvin Klein Endless Euphoria, \$90, Macy's



hear

1. "Set Fire to the Rain," ADELE
2. "Signed, Sealed, Delivered," STEVIE WONDER
3. "That's the Way Love Goes," JANET JACKSON
4. "Mercy," DUFFY
5. "Love Myself," HAILEE STEINFELD

SEXYCAST

Bang bang all over you, Taurus—this is your year to get yours! Your romantic situation may have changed so imperceptibly that you haven't noticed the seismic shift heading your way. That's perfect; a slow buildup is just what the heart doctor ordered. May will be a dreamy month when a vacay or frisky staycation could lead to sparks. If you're solo in September, it'll be by choice since you'll have lots of options—only sweeties with their acts together need apply!

SEXY DAYS

APR/

30

MAY/

13

AUG/

27

taste

Seduce with flavor à la Ruth's mouth-watering recipes.

My Kitchen Year, \$35, amazon.com



05.22-06.20

GEMINI

SPIRITED | AFFECTIONATE | ADAPTABLE

smell

The fragrance version of *Gem ne sais quoi*. *Miu Miu Eau de Parfum*, \$116, Neiman Marcus

SUCCESS DAYS

MAR/
08
JUN/
12
SEP/
16

LIFECAST

Your career is firing on all cylinders and will stay in overdrive all year. Inspiration that strikes in March could pay off as early as May, so pursue any creative projects that strike your fancy—no matter how out-of-the-box. By June, you might be presented with an attractive opportunity from a very traditional company. Be your fresh-thinking self, and show how you can deliver solutions they might not imagine. Build out your skill set even more in September by taking classes or collaborating with someone who can teach you something new. By November, you'll be unstoppable!

see

Art to reflect your technicolor world. *"In Your Face,"* by Helena Wurzel, \$24, 20x200.com



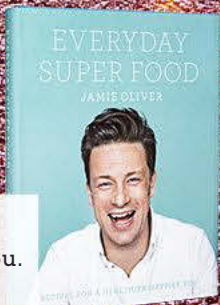
sexy

Like a party on your pretty feet. *Nine West*, \$79, ninenwest.com



touch

Party-ready cheeks in a flash. *Topshop Beauty Glow Dome*, \$14, topshop.com



taste

No one finds the flavor in the everyday like you. *Everyday Super Food*, \$34.99, amazon.com

SEXYCAST

The adoring public can't get enough of you right now, Gem! Your natural charisma is what pulls people into your corner...and your bed. In February, a rebellious soul may inspire you to live life to the fullest. July is another super-romantic month when a sea-side escapade with close friends (or a friend with benefits) will make you feel cared for. Keep sharing your precious time with people who make you feel grounded and giddy at the same time.

hear

1. "Can't Hold Us," MACKLEMORE AND RYAN LEWIS
2. "All of the Lights," KANYE WEST
3. "Sweet Disposition," THE TEMPER TRAP
4. "Funknroll," PRINCE
5. "Everything Is Everything," LAURYN HILL

SEXY DAYS

JAN/
09 AUG/
25 OCT/
30

BEAUTY STILLS: JEFFREY WESTBROOK/STUDIO D, FASHION STILLS: SHANE SOULS/STUDIO D, STYLING: SARA BLOOM/STILLS, SHIRT: RAG & BONE, COUCH: 20x200.COM, OPPOSITE PAGE: RUG: COURTESY WEST ELM.

THE NEW FRAGRANCE FOR WOMEN



MARC JACOBS

DECADENCE



THE NEW FRAGRANCE FOR WOMEN



MARC JACOBS

DECADENCE



LIFT TO EXPERIENCE

WWW.MARCJACOBSFRAGRANCES.COM

touch

Score a killer couture complexion.

Yves Saint Laurent Forever Youth Liberator Serum Foundation, \$69, yslbeautyus.com

sexy

Everyone will want to pencil in time with the princess.

Pink Tartan, \$295, pinktartan.com

hear

1. "Love Me Harder," ARIANA GRANDE
2. "The Heart Wants What It Wants," SELENA GOMEZ
3. "Night Changes," ONE DIRECTION
4. "Knock You Down," KERI HILSON
5. "Boyz," M.I.A.

06.21-07.22

CANCER

COMPASSIONATE | SWANKY | GRACEFUL

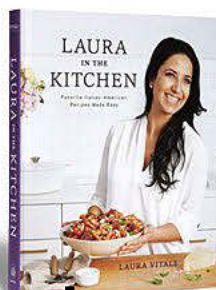
LIFECAST

Don't ignore your mental or physical health this year. You won't be able to knock out your monster to-do list if your body is down for the count. When it comes to your relationships with others, looking out for people you care about is one of your most endearing traits—but don't be sweet-talked out of doing what you know is best for yourself. January and July are ideal times for you to work up a sweat with a new fitness routine, especially something that engages mind and body, like yoga or dance cardio. A surprise career opportunity in April may tempt you away from your current job. Do a gut check: If it seems just a little scary and a lot exciting, do it!

taste

Traditional with a twist is totally Cancer.

Laura in the Kitchen, \$25, amazon.com



see

Clean, simple elegance.

Wool rug, \$139, westelm.com



smell

An update on an unforgettable classic.

Calvin Klein Eternity Now, \$82, Macy's



SEXY DAYS

JAN/
23
JUN/
17
NOV/
12

SEXYCAST

Get ready, girl, because big-personality suitors who bring out your carefree, playful side are going to be courting you from all corners this year. When someone tries to sweep you off your feet with a romantic getaway in March, go for it, and savor every moment. The right match for you will get you out of your comfort zone but also treasure your levelheadedness and kind heart, so keep your eye out and your options open. With all the attention you'll be getting by August, your confidence will soar. Hold on to that so in December, when the holiday swirl brings someone who might be more than just mistletoe merriment, you go bold for what you want.

SUCCESS DAYS

MAR/
23 JUN/
29 NOV/
24

touch

Enhance your golden glow with this hydrating oil.

Rodin Olio Lusso Face Oil, \$170, oliolusso.com

07.23–08.22

LOVE

OUTGOING | BIG-HEARTED | JOYFUL

LIFECAST

Keep that phone charged: You won't want to miss a call or text from all the new, valuable contacts you're making. Now is the time to take center stage, like the trailblazer you are. Step up when unusual projects present themselves, and educate yourself, via travel or research, on the best ways to bring them to fruition. In both March and July, you'll have opportunities to show everyone just how much you've learned and how big you can play. October will be an absolutely radiant month as the puzzle pieces come together and the successes you've been working toward are realized.

hear

1. "Confident," DEMI LOVATO 2. "I'm Every Woman," WHITNEY HOUSTON 3. "Good Life," ONE REPUBLIC 4. "Break the Rules," CHARLIX XCX 5. "Roar," KATY PERRY

smell

Summon your not-so-secret fox with this fragrance.

JLove by Jennifer Lopez, \$49, Kohl's



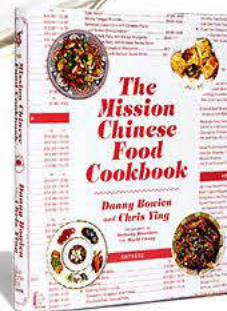
SEXYCAST

This is the year for you to identify who will help in making your dreams come true. There may be a relationship that isn't lifting out of the friend zone. Being honest about that will free both of you to pursue hotter connections. In fact, you might realize that another relationship has decidedly nonplatonic possibilities. You are innately confident, so your instinct will be to rush in, but go slow and you and your crush will build true intimacy. Things will shift in February and April, and by September, you'll likely be where—and with whom—you want to be.

taste

Recipes that rock hard, just like you.

The Mission Chinese Food Cookbook, \$35, amazon.com



sexy

Wear this and make everyone beg for your Queen Midas touch.

Lisa Perry, lisperrystyle.com



see

Hang this up on your wall and behold the fiercest of them all!

Sunburst Mirror, \$59.99, worldmarket.com



SUCCESS DAYS

APR/
28
MAY/
13
JUL/
14

SEXY DAYS

FEB/
17 OCT/
30 DEC/
07

08.23–09.22

VIRGO

SOPHISTICATED | LOYAL | OBSERVANT

SEXY
DAYS

MAR/ SEP/ NOV/
08 16 24

hear

1. "Flawless," BEYONCÉ
2. "Under Control," CALVIN HARRIS AND ALESSO FEAT. HURTS
3. "Royals," LORDE
4. "Swim Good," FRANK OCEAN
5. "Unstoppable," LIANNE LA HAVAS



see

Get some simple, chic print-spiration. "0215," by Floyd Grey, \$39, curious.com

LIFECAST

The universe will be ever in your favor this year, so dream bigger than you ever have before and strive for the stars. This isn't the time for self-doubt. You'll want to be physically strong to capitalize on all prospects, so get thee to the gym in January to set the tone for the future. A new job could appear in April. Scope it out carefully, and if it offers potential for personal and professional growth, go for it! Take time to relax in July—maybe with a rejuvenative staycation. Then get ready to soar in September when an opportunity you've been waiting for arrives at your doorstep.



smell

Effortlessly elegant with one spritz. Philosophy Amazing Grace 20th Birthday Special-Editon Spray Fragrance, \$48, philosophy.com



sexy

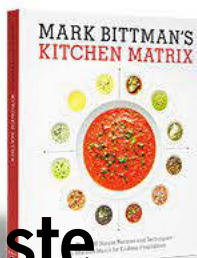
Architectural artistry is your Achilles' heel. Timex, \$59.95, timex.com

touch

Swipe on this balm for a perfectly smooth pucker. Elizabeth Arden Eight-Hour Cream Intensive Lip Repair Balm, \$23, elizabetharden.com

taste

Simple perfection is your pick. Mark Bittman's Kitchen Matrix, \$35, amazon.com



SUCCESS
DAYS

MAY/
09
AUG/
27
SEP/
22

SEXYCAST

You're in for an exhilarating year! Lucky Jupiter is in your sign until September, essentially rolling out the red carpet of opportunity for you in 2016. Others will bend over backward to help in unexpected ways, but the proud part of you will rely most on your own mojo. February will be one of your most romantic months—a budding love could hop, skip, then jump ahead. August will be sizzling; a getaway holds naughty fun. In December, the life-changing magic of love may surprise you.

touch

You like it pretty, and this blush is beyond.

Chantecaille Cheek Gelée in Happy, \$39, chantecaille.com

SEXYCAST

The forecast says super-steamy nights and an adventurous, sophisticated hottie are coming your way. March will be a whirlwind of romance when someone goes from sext-y friend to "oh, it's you" in the span of a few weeks. Then in September, you're in for some thrilling surprises that pave the way for a real commitment in November, something that doesn't come easily to overthinking you. Trust!

hear

1. "Cool," GWEN STEFANI
2. "Living for Love," MADONNA
3. "Stand by You," RACHEL PLATTEN
4. "Cake by the Ocean," DNCE
5. "Sparks," HILARY DUFF

taste

Ms. Hostess Extraordinaire, meet your bible. *The Cocktail Party*, \$28, amazon.com

LIFECAST

You could teach a master class on getting ish done behind the scenes—and your star just keeps on rising! An exciting opportunity could present itself in May, giving you a chance to accomplish things you've dreamed about. If you want to move forward, it's time to leap and leave the past where it belongs. Use August to recharge by spending some time in a peaceful setting with old friends or family. Work may be a little overwhelming in October, when everyone seems to need something from you, but keep in mind that they're coming to you for advice and guidance because you're a rock star.

SUCCESS DAYS

JUL/
16
SEP/
09
OCT/
11

sexy

Flirty? You? Yasss. Aerie, \$39.95, aerie.com

I see

Symmetry and beauty, your favorite things. *Chevron Flora II art print*, \$25, curios.com

09.23–10.22

LIBRA

GRACIOUS | ANALYTICAL | ENGAGING

smell

It goes without saying that your scent needs to look as good as it smells! Marc Jacobs Decadence, \$95, Sephora

SEXY DAYS

MAR/
23 APR/
22 AUG/
30

#freethedream

calvinkleinbeauty.com
macy's and macys.com

free the fantasy

euphoria Calvin Klein



a fragrance for women



YOUR GIFT*

receive this gift, a \$66 value, of 0.33 fl oz euphoria eau de parfum pen spray,
0.33 fl oz endless euphoria eau de parfum pen spray, and 0.33 fl oz
ETERNITY eau de parfum pen spray with a large spray purchase from the
euphoria women Calvin Klein fragrance collection.

*limit one per customer, while supplies last, offer not valid on gift set purchases.

Calvin Klein

10.23–11.21

SCORPIO

AUDACIOUS | PASSIONATE | ENIGMATIC

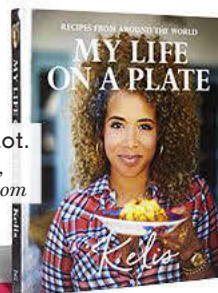
LIFECAST

Never one to shy away from a challenge, you're shouldering extra responsibility at work...and seriously impressing your bosses along the way. Keep your business cards handy in April, and make as many connections as you can—you never know who will be an asset or ally down the road. Resist the urge to take it easy this summer, because July has the potential to be one of your most productive months, especially in any tech-related pursuits. Come November, all those hours you spent in power mode rather than beach mode will score you a mega career coup. Cheers!

taste

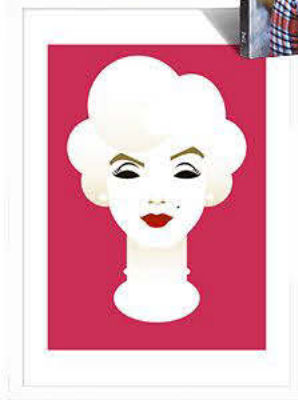
Some like it hot.

My Life on a Plate, \$24.95, amazon.com



see

Obviously, you need the OG sex icon on your wall. Marilyn art print, \$25, curios.com



SEXY DAYS

MAR/ 20 MAY/ 13 SEP/ 23

SEXYCAST

You'll be spoiled with opportunities for love this year! Keep your heart and eyes open while traveling or tearing it up at work—you may get introduced to someone who might be that true partner-in-crime you've been searching for. If this new boo is confident enough to handle your fire and independence—both in and out of the bedroom—let yourself fall. Until you get comfortable, keep things quiet, but by June, you should be ready to shout your devotion from the rooftops. In August, when it's time for some serious DTR talks, don't hold back. Let your love flag fly!

sexy

Kitten heels are for kids. Studded stilettos are for Scorpions. Aldo, \$130, aldo shoes.com



smell

Beguiling and mysterious is kinda your thing. Chloé Love Story, \$105, Sephora



touch

Fingerprint for vixens like you. MAC Cosmetics Pro Lip Palette 6 Editorial Oranges, \$40, maccosmetics.com



SUCCESS DAYS

JAN/ 03
JUN/ 29
OCT/ 24

BEAUTY STILLS: JEFFREY WESTBROOK/STUDIO D. FASHION STILLS: BEN GOLDSTEIN/STUDIO D. STUART TYSON/STUDIO D. STYLIST: SABRINA GRANDE. BOOK STILLS: STUART TYSON/STUDIO D. STYLIST: SABRINA GRANDE. OPPOSITE PAGE, ART: COURTESY CURIOS.COM. THIS PAGE, ART: COURTESY CURIOS.COM.

hear

1. "Started From the Bottom," DRAKE
2. "i," KENDRICK LAMAR
3. "Work Hard, Play Hard," WIZ KHALIFA
4. "Talking Body," TOVE LO
5. "Bailando," ENRIQUE IGLESIAS

SAGITTARIUS

11.22–12.21

SEXY
DAYS

MAY/
24 JUN/
05 OCT/
30

LIFECAST

The Notorious One said it best: The sky's the limit. You can do whatever you put your mind to right now as long as you don't get in your own way. Major power players at work are starting to take notice of all you do, so double-down and take advantage of all prime gigs that come your way, especially in April and September. Act like the HBIC you are, and make time to take care of yourself. A wacky new workout fad might be just the thing to rev up your engines. You could meet some cool new peeps while getting your sweat on, so werk it!

IDEALISTIC | GENEROUS | BOHEMIAN

touch

Girls on the go need a winter glow. Wander Beauty On-the-Glow Blush and Illuminator in Coral Rose, \$42, wanderbeauty.com

see

Some artsy inspiration for future travels. World Map Canvas Art, \$99.95, target.com

SUCCESS
DAYS

MAR/
06 AUG/
27 NOV/
12

smell

Give others a sense of your inner flower child. Marc Jacobs Daisy, \$78, sephora.com

SEXYCAST

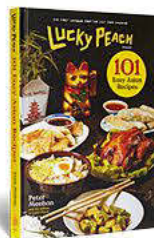
Me-ow, Sag. You'll spend this year purring like a contented kitten, curled up in just the right lap. Your instinct is always to be forthright, but a little mystery will make you all the more desirable. Escape winter's windy end with a beach escape in March—you'll feel the heat in more ways than one with someone thrillingly romantic. Later, your May Day bae could turn out to be your plus one for the rest of the year. If lust has you bursting at the zip-pers by June, pen an old-fashioned, racy letter to your sweetheart. Slow, steady, and steamy will win the race for you now, so sit back and enjoy the ride.

sexy

These boots were made for walkin'—and looking smokin'—wherever you roam. Sam Edelman, \$250, samedelman.com

hear

1. "We Can't Stop," MILEY CYRUS 2. "Put Your Records On," CORINNE BAILEY RAE 3. "Break Free," ARIANA GRANDE 4. "House Party," SAM HUNT 5. "The Night Is Still Young," NICKI MINAJ



taste

Get the global flavors you crave. Lucky Peach Presents 101 Easy Asian Recipes, \$35, amazon.com

LIFECAST

The world is your oyster this year, Cap. You'll flourish by trusting your instincts as to where to find the pearls and how to nurture them into something beautiful that will boost your bottom line. A quick trip will perk up any pessimistic feelings, especially in April and November. The seeds you sow in February will blossom into big wins by May. Reward yourself by slowing it down and relaxing over the summer, because your rise to the top will speed back up in September!

touch

Be cool for the winter with the perfect smoky eye.

Estée Lauder Magic Smoky Powder Shadow Sticks in Scorched Gold and Burnt Black, \$22 each, esteelauder.com



taste

Easy and sexy? Why yes.

Simply Nigella: Feel Good Food, \$35, amazon.com

SUCCESS
DAYS

MAR/ 23 SEP/ 09 OCT/ 11

hear

1. "Time of Our Lives," PITBULL FEAT. NE-YO
2. "Dear Future Husband," MEGHAN TRAINOR
3. "Don't You Worry Child," SWEDISH HOUSE MAFIA FEAT. JOHN MARTIN
4. "Wildest Dreams," TAYLOR SWIFT
5. "Summer," CALVIN HARRIS



smell

Complement your confidence with this irresistibly chic scent.
Chloé Eau De Parfum, \$105, [Sephora](http://Sephora.com)

see

Bold from head to toe to bureau.

Carnaby Zebra Stacking Dish, Jonathan Adler, \$24, jonathanadler.com



SEXY
DAYS

JAN/ 23
JUL/ 16
NOV/ 12



sexy

Rock this like you're Kate Moss in Aspen.

French Connection, \$250, zappos.com

SEXYCAST

You put in the time to make things happen with your career—now it's time to channel some energy to your love life. Get in the game and soon swipe-right types will be blowing up your phone. January and March have particularly sexy potential, so beat the winter blues by bundling up (with your signature chic style, obv's) and getting out there. When someone sparks your interest, don't hide your brilliance as a background player, be the star of your own love story. A very special someone will make you feel like the only girl in the world come September—revel in it!

SELF-ASSURED | SPUNKY | GENUINE

12.22-01.19

CAPRICORN

see

Electrify
your home.
Desktop heart,
\$90, neonmfg.com

LIFECAST

Flex your creative muscles and beef up your social skills right at the start of the year. You're brimming with energy now, and getting involved in charity work or other meaningful group activities is the perfect way to spread your positivity and cheer. Capitalize on that momentum in February, and by April—one of your best months for making big changes—you'll progress in an area that had seemed out of reach. Dedicate July to QT with the fam and September to yourself by making sure your body is strong and well-fueled, as you'll need energy to seize the big opportunities coming your way.

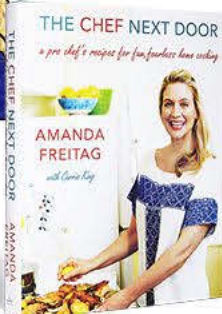
SEXY
DAYS

FEB/
17 JUL/
12 AUG/
03

taste

You take everything,
including your food,
to the next level.

The Chef Next Door, \$35,
amazon.com



SEXYCAST

This is the year you finally embrace the unique unicorn you are and stop down-playing your quirks, humor, and intellect. Showing your true self is the only way you'll make a deep connection—and this is the year to make that happen. In January, spend time with other spunky souls who share your interests. It could lead you right to a cubicle cutie from the office, and by August, a no-strings-attached deal could turn more serious. October shows promise of sending a charming, sociable hottie your way. Look past the flirting; this one might be worth more attention.

smell

Exciting, seductive,
and everything
Aquarius.

Calvin Klein Euphoria,
\$89, Macy's



SUCCESS
DAYS

JAN/
02
FEB/
13
NOV/
09

hear

1. "Earned It," THE WEEKND
2. "W.A.Y.S." JHENÉ AIKO
3. "Suit & Tie," JUSTIN TIMBERLAKE FEAT. JAY Z
4. "Get Up, Stand Up," BOB MARLEY
5. "You Need Me, I Don't Need You," ED SHEERAN

sexy

Leave the safe
black tank to the
rest. Sparkle on,
Aqua girl!
Asos, \$47, similar styles
available at asos.com



touch

Smooth on some sap-
phire for stand-out lids.
*Dolce & Gabbana Perfect Mono
Intense Cream Eye Color* in
Indaco, \$37, saks.com

01.20–02.18

AQUARIUS

BOLD | PROGRESSIVE | OFFBEAT

02.19-03.20

SEXY
DAYSMAR/
12
AUG/
27
SEP/
16

PISCES

MISCHIEVOUS | DREAMY | CLEVER

LIFECAST

This is the year to spend time on the pursuit most important to you. Create a routine that nourishes your creative side outside work to avoid getting overwhelmed. Scope out painting studios, dance classes, or a coding course to keep those juices flowing. Tap into March's springtime vibe for a new burst of motivation. By July, VIPs will have noticed and give you the attention and boost you deserve. When a new door opens in October, stride through it with the confidence that you are well prepared to rock whatever is on the other side.

hear

1. "What Do You Mean?" JUSTIN BIEBER 2. "Worth It," FIFTH HARMONY 3. "We Own the Night (The Chainsmokers Remix)," THE WANTED 4. "You Da One," RIHANNA 5. "Life of the Party," SHAWN MENDES

touch

Make magic on your eyelids.

Giorgio Armani Eye Tint in Obsidian and Émerade, \$38 each, giorgioarmanibeauty.com

taste

Dream a dream of delicious.

Atelier Crenn, \$50, amazon.com

sexy

Go glam like the sparkling sea goddess you are.

Parker, \$485, parkerny.com

Positive
Vibes
only

see

You know how evocative words can be. Own it.

Wall canvas, \$15, thankit.com

SUCCESS
DAYSMAR/
08 AUG/
12 DEC/
19

smell

A playful, fruity fantasy for you. Marc Jacobs Daisy Dream, \$78, [Sephora](http://Sephora.com)

BEAUTY STILLS: JEFFREY WESTBROOK/STUDIO D. FASHION STYLING: JESSICA WATSON/STUDIO D. STYLIST: SABRINA GRANDE. ART: COURTNEY THEANKIT.COM.



Aries

You don't have to drop hints with an Aries. Bold, brash come-ons get his juices flowing, so surprise him with frisky forays. He won't know what hit him if you show up for date night wearing nothing under your coat but a confidence-boosting, barely there nightie. No need to spend too much on it—it's unlikely you'll have it on very long if he has anything to say about it!



Taurus

A keenly sensual sign, your Taurus loves scents like a little musky perfume behind your ear. Threads like cashmere pajamas will drive him wild—especially when you tell him to strip them off and slip between your silk sheets. Give him a taste then dribble warm fudge someplace strategic...which he'll just have to lick up, of course.



Gemini

Geminis' minds are always lit up, and they're highly verbal, so titillate him with creative, naughty texts. He'll be hooked, and his replies will sizzle. Try sending him on a sexy scavenger hunt to find you with Snapchat pics of lingerie leading to your bedroom. After the mutual ravishing, indulge in the kind of meaningful, share-your-dreams talk that will take you from casual to close.



Cancer

Your Cancer man is so tactile, he practically sees with his hands, so linger in bed with him for a massage and long cozy cuddle. When you finally emerge, splurge on a decadent brunch, complete with Bloodies or bellinis someplace delicious. He loves fine food, but he'll love working off all those calories with you in bed later even more!



Leo

All about the visuals, your Leo mate can't help but ogle you, making every glance an act of foreplay. Whether you are wearing gym attire or glammed up, keep his eye wandering in your direction with funky riffs on old staples like leggings with mesh inserts or bodycon dresses in unexpected colors. When you see how he looks at you, you'll be the one ready to pounce!



Virgo

He likes to look and feel put together without trying too hard. Appeal to his clean aesthetic with treats like organic cotton sheets or a hearty, healthy dinner made with steals from the farmers' market. But remember, he's not all basics. He may be into clean eating and living, but he's always down to get dirty in bed!

STAR SEDUCTION GUIDE

WHAT TURNS
HIM ON IN
EVERY SENSE?
OUR SIGN-BY-
SIGN GUIDE
REVEALS HOW
TO MAKE YOUR
MAN WILD...
AND HAVE AN
EPIC TIME
YOURSELF.



Libra

Your Libra lover is always on a quest to discover what gets your mojo going from head to toe. So choose thoughtful gestures that show you pay just as much attention to him. Wear a scent he's complimented, take him to see an exhibit he's mentioned, and maybe offer to reenact a sexy scene from his favorite Bond film. Double *ohhh....*



Scorpio

As far as your Scorpio is concerned, the five senses include touch, touch, touch, touch, and oh yeah, touch. Exchanging physical gestures—public and private—is how he gives and receives the intimacy he craves. Keep the love flowing by holding hands during a winter walk, running your finger down his leg at the movies, and playing a little footsie under the table at dinner.



Sagittarius

Your Sag loves mixing it up in and out of the bedroom. Freewheeling discussions about new ideas get his brain firing, and physical activities (including canoodling!) get him all revved up. Experiment with your dates, and visit a rock-climbing gym or take a salsa class that gets your hearts racing and blood pumping!



Capricorn

The cool Cap dislikes anything tacky or frivolous and seeks out small moments of luxury in each day that make him feel like royalty. On your next date night, spring for a nice bottle of sparkling wine at a chic eatery as the prelude to a night of passion. When you're alone again, turn on the slow jams, climb on top, and show him who really reigns supreme!



Aquarius

He's usually *up* for anything, but sometimes he can be a picky prince. Give in a little and spoil him with options: Dress up for a night of dancing or dress up in kinky costumes at home? Football and beer at your favorite bar or one-on-one fantasy sharing? Whatever your choice, keep communicating so you both get the best of each other's worlds.



Pisces

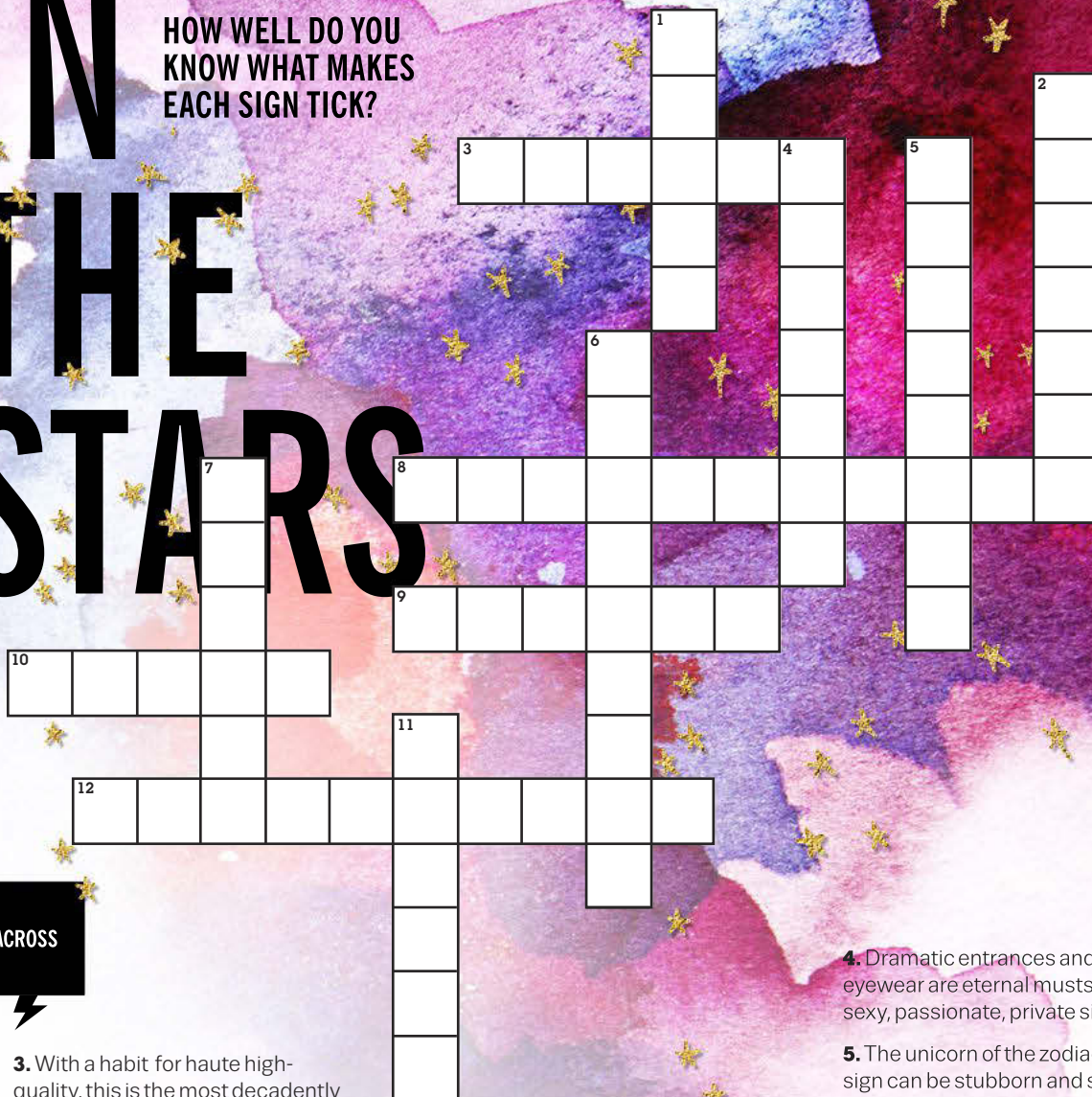
He's a dreamer and a cuddle bug who loves pampering and being pampered. Match his stroke with a few of your own while blindfolding him and keeping his wrists lightly bound with a silk scarf. Only your hands allowed! When the two of you finally come up for air, stream an indie flick or documentary in bed that provokes thoughtful pillow talk until you peacefully drift off.

WE ALL LIKE
THE TOUCHING.
BUT DON'T FORGET
THE LOOKING,
LISTENING, AND
TASTING.

WRITTEN IN THE STARS

HOW WELL DO YOU
KNOW WHAT MAKES
EACH SIGN TICK?

ANSWERS: ARIES: 3, Taurus: 8, Competitive
9, Gemini: 10, Boon
12, Perseus: 12, Balance
DOWN: 1, Virgo 2, Balance
4, Scorpio 5, Aquarius
6, Capricorn 7, Cancer
11, Taurus



ACROSS

3. With a habit for haute high-quality, this is the most decadently luxury-loving sign of the zodiac.

8. Aries are proven groundbreakers and pioneers, a natural result of their not-so-secret _____ side.

9. Flirty music, funny books, and playful flicks are excellent gifts when it comes to entertaining this fun, ever-curious sign.

10. A _____ vacation is the dream getaway for water-loving, romantic Pisces.

12. Leos are perfect _____ and scene-stealers who often favor regal, dramatic looks.

DOWN

1. This sign is usually up on every health fad even before it becomes a thing.

2. As the sign of _____, Libra is admired for her impressive social skills and love of beauty and harmony.

4. Dramatic entrances and OTT eyewear are eternal musts for this sexy, passionate, private sign.

5. The unicorn of the zodiac, this sign can be stubborn and single-minded...but is always up to take on others who present an intellectual challenge.

6. Hardworking, ambitious, and subtly edgy, this sign loves to escape to the outdoors whenever she can.

7. Nothing delights this sign, a major foodie, more than a backyard feast with her nearest and dearest.

11. Always filled with wanderlust, Sagittarians are known for their love of _____ and decorating their pad with unique finds.

COSMOPOLITAN

SPECIAL ISSUE

BEST ADVICE EVER

**GET YOUR
SEXY ON**

Hair, Skin & Fitness
Tricks to Try Today!

**SEX!
LOVE!
WORK!
MONEY!
HAPPINESS!**

**ON SALE
NOVEMBER
27TH**

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CRAZY
SITUATION
WORKING YOUR
LAST NERVE?
VENT HERE!



"Some of the views at Six Flags aren't
as good as others. #AssCrack"
—GREG L., 48



"What I had to witness in the checkout
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"Stand clear of closing doors...and
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SHOPPING INFORMATION

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IN HER OWN WORDS

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25 MG EPHEDRINE

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trip between February 6, 2016, and April 16, 2016. Open to legal residents of the 50 United States and the District of Columbia, who are 18 years or older in their state or territory of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at **Cosmopolitan.com/Universal**.

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website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One winner (1) will receive a trip for 2 to Las Vegas, Nevada, for a two (2) night stay at New York New York Hotel and receive two (2) tickets to Zumanity by Cirque du Soleil in Las Vegas, Nevada. Total ARV: \$2,750. Must have reached the age of 18 years or older and be a legal resident of the 48 contiguous states or the District of Columbia. Void in Puerto Rico, Hawaii and Alaska or where prohibited by law. Sweepstakes subject to complete official rules available at **Cosmopolitan.com/CirqueDuSoleil2016**.

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Is He the One?

BY ANNA BRESLAW

1. Kissing him makes you:

- ☐ a. Feel like you need to change your underwear.
- ☐ b. Totally relaxed—like there's finally peace in the Middle East.
- ☐ c. A little gassy?

2. How do you two spend a typical evening?

- ☐ a. Before or after he texts me "u up" with nine eggplant emoji?
- ☐ b. Venting about work over a DiGiorno, then catching up on *Castle* on DVR.
- ☐ c. Poring over Pinterest. Oh wait, that's just me. He's probably on Pornhub.

3. Your sex life resembles that of:

- ☐ a. John Mayer and Katy Perry: erratic and combustible.
- ☐ b. Mila Kunis and Ashton Kutcher: dependable and semifrequent.
- ☐ c. Olivia Pope and a giant glass of wine: What sex life?

4. The hottest thing about him is that he:

- ☐ a. Tells me how hot I am mid-hookup. And his abs.
- ☐ b. Makes a mean frittata...or that he loves going down on me. Tough call.
- ☐ c. Goes to CVS for a box of super unscented Tampax Pearls when I ask.

5. What does your BFF think of him?

- ☐ a. She calls him the "doosh nugget," but she hasn't met him so what does she know?
- ☐ b. After too much sauv blanc, she's "so sure he's your soul mate. Like, really."
- ☐ c. She always changes the subject whenever I ask. Weird.

THE BREAKDOWN

Mostly As GHOSTIE GUY

Now you see him, now you don't. The dude's in and out of your life (and, uh, other parts of you) when he feels like it. You might think he's your soul mate, but that's just because he ghosts so often, you barely know the real him. Tip: The right guy is usually down to hang out with you in the daytime.

Mostly Bs ROCK STEADY

You've been smooth sailing with this bro for a while. He is committed and could very well be—in the immortal words of Phoebe Buffay—your lobster. Just remember, there still needs to be a sprinkle of romance—think date nights at that new Peruvian fusion place and/or sex that lasts longer than 15 minutes.

Mostly Cs MR. TEMPORARY

Deep down, you know this dude isn't it, but the idea of swipe-left singledom terrifies you. Even scarier than that? Playing it safe with the wrong guy, all the way to the altar, and becoming a desperate housewife who cheats with the hot IT guy. Brave the breakup—your responsibility-free, fun-as-hell single life is waiting.



A new comedy... with *lots* of drama!

SERIES
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